



1 Peter 5:7

**CASTING ALL
YOUR
ANXIETIES ON
HIM, BECAUSE
HE CARES FOR
YOU.**

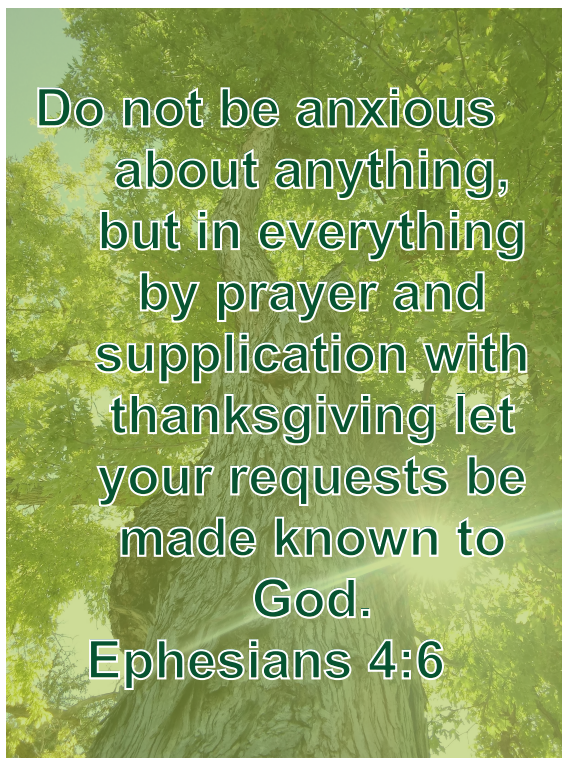
**Cast your
burden on the
Lord, and he
will sustain you.**

Psalm 55:22

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

GROWING IN HIM COUNSELING



Is your Anxiety taking over?

Do you feel like crawling out of your skin; are you constantly worrying about something or everything; do you wish you could feel peace, but have no idea how? People struggling with anxiety don't know how to **not** worry.

Being anxious is a normal, healthy emotion. It tells us when something is wrong, allows us to be aware of our surroundings and alerts us to danger. Unfortunately, for some of us, anxiety seems to “take over” and becomes a daily occurrence rather than an occasional alarm.

There is a comic about worrying in which the client tells the doctor “you don't understand, 99% of what I worry about never happens!” This is not because you worried about it, but because it was never going to happen in the first place.

Giving your worries to God is not an easy practice, but rewarding once you do! He is the only one who can offer “peace that surpasses all understanding” Phil 4:7

Panic Attacks: These occur when our anxiety is so high, we feel out of control and can no longer manage it. This is the extreme level of “fight or flight” in which our bodies are responding to a situation which feels threatening, but usually isn't. We will respond to a perceived threat in the same way we respond to a true threat. Your brain will “flood” your system with 13 different chemicals designed to help alleviate the threat. The two most common are Cortisol and Adrenaline. These chemicals are very useful if we are in danger, but create problems if we are not. Typical physiological symptoms include a racing heart, shallow breathing, dizziness/lightheadedness, mind racing, stomach tightening/nausea, or “mind fog” (can't think straight). If these symptoms are not treated quickly, they can escalate to symptoms that feel similar to a heart attack including chest pain. A person experiencing a panic attack often feels as though they are dying which increases the symptoms into a vicious cycle of escalation. The good news is, you can manage the symptoms of anxiety and panic attacks and learn what causes them! It is important to pay attention to events/comments/thoughts that occur prior to the anxiety/panic to begin to understand what is triggering the symptoms.

Tips to Manage Anxiety

Managing anxiety can feel overwhelming and nearly impossible, but if you use some of the below techniques, you can learn to reduce it! The trick is to begin by reducing your anxiety when it is still manageable rather than waiting until it is out of control!

- Slow down and take **DEEP BREATHS**. Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds. Breathe from your gut, NOT your lungs/ chest. It sounds simple, but is very effective.
- Go **OUTSIDE** and take a **WALK**. Vitamin D from the sun is a great way to calm down and exercise releases endorphins which helps relieve stress.
- Utilize your **5 SENSES**. Pay close attention to what you see, hear, smell, touch and taste. This is called grounding and allows you to re-center yourself back into reality rather than focusing on your worries.
- Progressive **MUSCLE RELAXATION** is another good way to relax. Start with your toes and work your way up to your head tightening and relaxing each muscle group (one at a time.)
- Sit down and **JOURNAL** about what is on your mind. Write down what worries/scares/upsets you. This allows your brain to let it go and focus on things you can control instead.
- Make a list of the 5 most common negative thoughts that consume you. **REFRAME** them into something that is positive but true. Use scripture to help you.
- Most importantly, **PRAY** and give your worries and concerns to God. He is the only one who has the power to do anything about them and He's a great listener!

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THE HOPE FOUND IN
JESUS

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- Marriage and Family
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SESSIONS