

## Overcoming Anxiety Dave Shinoda LMFT

### Luke 10:38-42 --ESV

<sup>38</sup> Now as they went on their way, Jesus<sup>[d]</sup> entered a village. And a woman named Martha welcomed him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." <sup>41</sup> But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, <sup>42</sup> but one thing is necessary.<sup>[e]</sup> Mary has chosen the good portion, which will not be taken away from her."

### What is anxiety?

#### Introduction

- 40 million people deal with some form anxiety
- 41% employees report in the workplace report significant anxiety
- One-Third of those affected seek treatment
- Costs the US \$42 billion

#### Fear, Worry and Anxiety

- Fear--Communicates need—it lets us know that there is something wrong. "Smoke detector." Fight, Flight, Freeze.
- Worry—Mental activity that generates anxiety. Examples--Worst case thinking, Black and white thinking and Mind reading.
- Anxiety—A pervasive, long term inner feeling of unrest and uneasiness. When fear gets wired into our bodies, thoughts and feelings.

#### Signs of Anxiety

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| <ul style="list-style-type: none"> <li>• Excessive Worry</li> <li>• Overpreparation, Perfectionism</li> <li>• Rapid heartbeat</li> <li>• Restlessness</li> <li>• Easily Tired</li> <li>• Difficulty concentrating</li> </ul> | <ul style="list-style-type: none"> <li>• Irritable</li> <li>• Tenseness</li> <li>• Difficulty falling asleep, staying asleep, or restless sleep</li> <li>• Feeling of dread, expecting the worst</li> </ul> |
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#### Anxiety is a Symptom

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| <ul style="list-style-type: none"> <li>• Generalized Anxiety</li> <li>• Post Traumatic Stress Disorder</li> <li>• Obsessive Compulsive Disorder</li> <li>• Social Anxiety—one of my children began to experience social anxiety.</li> </ul> | <ul style="list-style-type: none"> <li>• Phobia</li> <li>• Panic Attack</li> <li>• Family Relationship Problem</li> <li>• Other External Stress</li> </ul> |
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## How do we deal with anxiety?

### Calm the anxiety

- Pay attention/mindfulness
- Relax—change posture
- Breathe
- Leave the situation- “Time out”
- Recognize and Correct Distorted Thinking—Cognitive Behavioral Therapy or CBT  
*“For as a man thinks in his heart, so is he.” --Proverbs 23:7*
  - Recognizing Distorted Thinking
    - All or Nothing Thinking, Mind Reading/Fortune-telling, Magnification or Catastrophizing
  - Correct Distorted Thinking
    - Substitute more realistic thoughts or alternatives

### Listen to the anxiety

- What is the anxiety communicating? Is the fear valid?
- Is the anxiety appropriate?
- Distinguish between what you can control and what you can't

### Self care

- Rest/Sleep
- Diet
- Exercise
- Bible Meditation and Prayer—Psalm 23; Isaiah 26:3, 41:10; Matthew 6:25-33; Philippians 4:6-7; 2 Timothy 1:7; Hebrews 13:5; 1 Peter 5:6-11
- Boundaries
- Lifestyle Changes
- Support
- Professional Help

### Supporting loved ones

- Listen to their story.
- Educate sufferer and family
- Normalize: anxiety carries a lot of unnecessary shame.
- Possible calls: Mental Health Professionals (medication), 911, Emergency Room, County Mental Health Services, Clergy.

### Further Reading

David Burns, *The Feeling Good Handbook*, Penguin Books, 1989  
 Archibald Hart, *The Anxiety Cure*, Thomas Nelson, 1999  
 Ralph Moore, *Defeating Anxiety*, 2012