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HANDLING

Anxiety

*Dear Friend,*

Anxiety is an issue that plagues more than 40 million people each year leaving them feeling as if there is no hope and no end to the heavy burdens weighing on their hearts and mind. The anxious thoughts and constant worrying feel very overwhelming, but God is our provider and our comforter. He longs for you to find all hope and peace in His presence.

I pray you will find hope and peace as you work through handling anxiety. This booklet provides you with Biblical truth and practical tools to help you through the process.

Philippians 4:6-7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

God Bless,

*Benny Tate*

Pastor Benny Tate



# SERMONS

Pastor Benny has several messages on handling anxiety, stress, and worry.



Visit [rockspringsonline.com/anxiety](https://rockspringsonline.com/anxiety)

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# HANDLING ANXIETY SCRIPTURES

**Philippians 4:6-7** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

**Psalms 55:22** "Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken."

**1 Peter 5:6-8** "Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

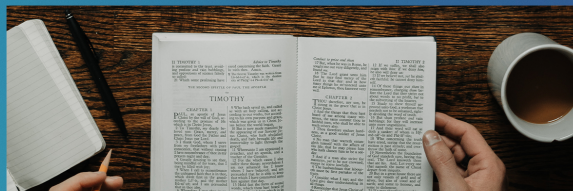
**Psalms 94:19** "When anxiety was great within me, your consolation brought me joy."

**Luke 12:22** "Then Jesus said to His disciples: Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear."

**Psalms 139:23** "Examine me, God! Look at my heart! Put me to the test! Know my anxious thoughts!"

**Proverbs 12:25** "Anxiety in a man's heart weighs him down but a good word makes him glad."

**Psalms 34:17** "When the righteous cry for help, the Lord hears and delivers them out of all their troubles."



# COMMON QUESTIONS ABOUT ANXIETY

## What is anxiety?

Anxiety is defined by persistent, excessive worries that don't go away even in the absence of a stressor. Anxiety is usually caused by worry over something you can't control, fear of the unknown, or fear of others and what they may be thinking.

## How is anxiety different from stress?

Everyone experiences stress and anxiety at one time or another. The difference between them is that everyday stress/anxiety might include worrying about tests, bills, or relationships, feeling awkward in some social situations, and/or feeling panic before a big moment. Anxiety disorder includes constant worry without cause, avoiding social gatherings out of fear of feeling uncomfortable, and/or irrational fear of something that poses no danger.

## How do I know if I'm suffering from anxiety?

You may be suffering from anxiety when the fear or worry are more than temporary, the anxiety does not go away and gets worse over time, you are unable to function doing daily, routine tasks, and/or the anxiety affects eating, sleeping, and other normal functions. Symptoms may include feeling nervous or restless, having an increased heart rate, breathing rapidly, feeling weak or tired, and/or trouble concentrating on anything other than the present worry.



# COMMON QUESTIONS ABOUT ANXIETY



## What are good techniques for overcoming anxiety?

**4x4x4 Breathing:** Breathe in for 4 seconds, hold that breath for 4 seconds, and exhale for 4 seconds. Repeat until breathing is under control and heart rate has decreased.

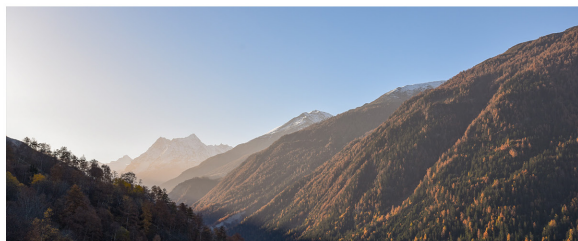
**Grounding Technique:** (Use this technique to take your focus off the anxiety) Look at something close to you and begin to describe it in detail out loud. Describe colors, shapes, people, objects, etc.

**Scripture Replacement:** Replace the anxious thought with scripture. Read/pray scripture out loud. Write scripture and post it where you can refer to it frequently.

## Will I ever be free from anxiety?

You can experience freedom from the control anxiety has over your life. You can have victory over anxiety by implementing daily habits that promote a healthy thought life. You will experience stressful situations and possibly have anxious moments, but moments do not have to turn into days, weeks, or months. Keeping a routine, eating well, exercising regularly, getting fresh air, making time for rest, and prioritizing prayer and devotion are all important habits to promote overall mental and physical health.

# COMMON REACTIONS TO FEELING ANXIOUS



## Unhealthy Daily Routines:

People often fall into unhealthy routines when suffering from anxiety. Some may skip meals or maintain poor nutrition, increase levels of caffeine in an attempt to combat tiredness from loss of sleep, refrain from proper exercise, and/or increase the use of alcohol or tobacco to cope with feelings.

Proper nutrition and rest are incredibly important to mental health because unhealthy habits can aggravate anxiety and trigger severe emotional responses.

## Social Isolation:

People often withdraw from social settings as well as friends and loved ones. People spend less time engaging in face-to-face communication. However, engaging with others and participating in social events may help take your attention off the anxiety. Directing your focus and energy towards others through small group activities or volunteer work can help quiet the anxious thoughts and feelings.



# COMMON REACTIONS TO FEELING ANXIOUS



## **Strive for Perfection:**

Some people attempt to overcome anxiety by striving for perfection. They pack their schedules and to-do lists with tasks in hopes that accomplishment will quell their anxiety.

Instead of striving for perfection, do your best. Perfection is not possible, but you can focus on being proud of however close you get or celebrating the number of tasks you were able to accomplish.

## **Accepting**

### **Thoughts/Feelings As Truth:**

People often believe that their frequent thoughts and emotions must be true. Because they have the same feelings or thoughts day after day, they begin to believe them and accept them as truth.

Maintaining a positive attitude and thought life requires you to be intentional. Make an effort to replace every negative thought with positive ones. Say out loud "That's not true" when a negative thought pops into your head. Then you must immediately tell yourself what is true. This creates a new pattern of thinking; you train your brain to think differently.

# NEXT STEPS TO VICTORY

## **Correct Perspective**

You must first realize and accept that you cannot control everything. Try your best to put your anxiety into perspective: Is it really as bad as you think? Is there anything I can do about this? What will it cost me if I give in to this feeling?

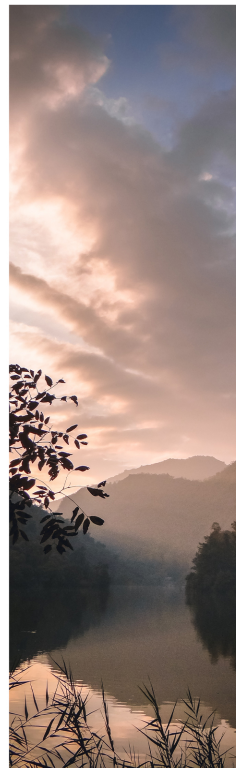
## **Identify Triggers**

It is important to learn what triggers your anxiety. Is it work, family, school, a certain situation/environment, or something/someone else you can identify? Write in a journal when you're feeling anxious to help identify a pattern and a trigger.

## **Talk It Out**

Talk to someone you can trust about how you are feeling and what you are experiencing. Be open with friends and family about feeling overwhelmed and let them know what they can do to help you. Talk to a physician or seek professional help from a counselor.

Do not stay quiet about your struggles. There is victory over isolation when you open up to someone about your anxiety and seek help and resources from the right people. You are not alone in how you feel or what you are experiencing. your body when you're anxious.



# NEXT STEPS TO VICTORY

## Step Back

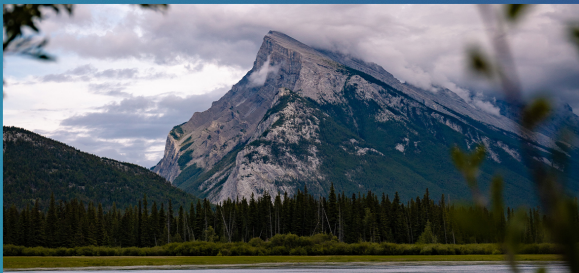
Take a time-out to listen to music, meditate, get a massage, or practice other relaxation techniques. Stepping back from the problem helps clear your head.

Anxiety can have negative physical effects that leave you feeling exhausted. Take time rest and recharge. Prioritize time to relax in a calm environment and release the tension that builds in your body when you're anxious.

## Be Hopeful

Remember that God has a perfect plan for your life and does not want you to live bound by anxiety. Instead of looking at past mistakes or present difficulties, look ahead in hope of the future God has for you. Believe Him for great things!

Place visual reminders that help you maintain a positive perspective. Post scripture detailing God's promises and character. Be intentional in seeking positivity with whatever resources you have available.



# RESOURCES



## Counseling Information:

There is a river of hope for each and every situation. Jabbok Counseling is Christ-centered and Bible-based; offering everyone the hope that is found only in the One who is hope....Jesus Christ.

1102 Chappell Mill Rd, Milner, GA 30257

More Information: (470) 771-8364

[JabbokMinistries.com](http://JabbokMinistries.com)