



ANXIETY DEMYSTIFIED

Understanding anxiety
from a Biblical worldview

WELCOME



Anxiety is so prevalent today it seems to have become a buzzword, and yet we often aren't exactly sure of all that is entailed when we use it. Is anxiety a medical condition, a mental disorder, or is it sinful? As a Biblical counselor, I think it's really important that those of us who experience anxiety or love someone who experiences it gain a better understanding of the definitions and symptoms.

In this course I hope to help you understand what anxiety is and what you can do about it, and to help you grow in your confidence and peace.

Krista

COUNSELOR EDUCATOR AUTHOR



www.thatWe.com

COURSE OUTLINE

01

UNDERSTANDING ANXIETY

Differentiate between worry, stress, and anxiety and develop a better understanding of types of anxiety disorders and symptoms.

02

ANXIETY AND THE BODY

Learn about the physical symptoms of anxiety, how to differentiate anxiety from other physical problems, and begin to develop strategies to help.

03

THE ANXIETY CYCLE

Learn how and why anxiety tends to get worse instead of better without intervention, and why some of our modern habits contribute to anxiety.

04

CARING FOR THE BODY

Learn ways to better care for your body specific to anxiety.

05

HEALING IN THE MIND AND SPIRIT

Learn how to process and deal with emotions and anxious thoughts.

UNDERSTANDING ANXIETY

Everyone Experiences Anxiety

- You are not alone
- Anxiety occurs on a spectrum of severity
- Worry, stress, and anxiety are under the same umbrella, but are different

Anxiety Serves a God-designed Purpose

- Genesis 1:27
- Psalm 139:13
- Colossians 1:16

Healing from Anxiety

Because anxiety serves a purpose, healing doesn't mean getting rid of it, but knowing what to do with it.

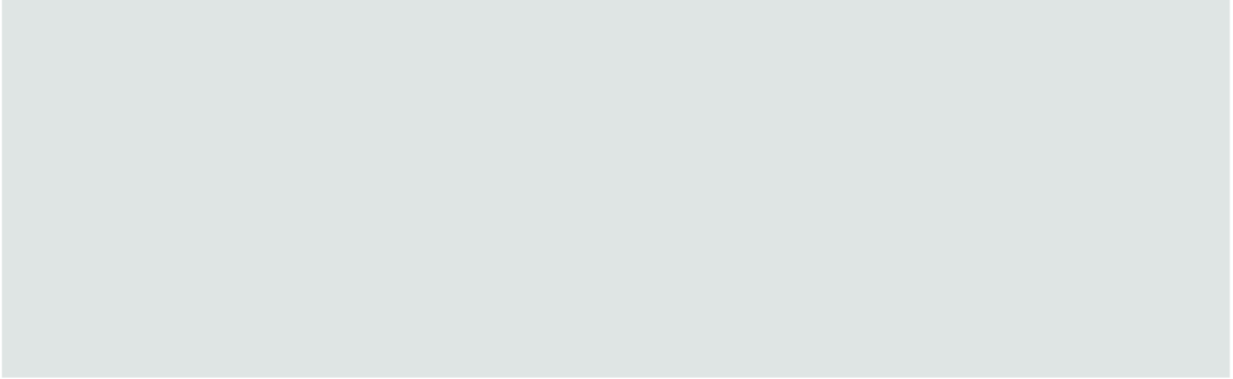
We are called to walk in wisdom, but not to walk in fear.

01

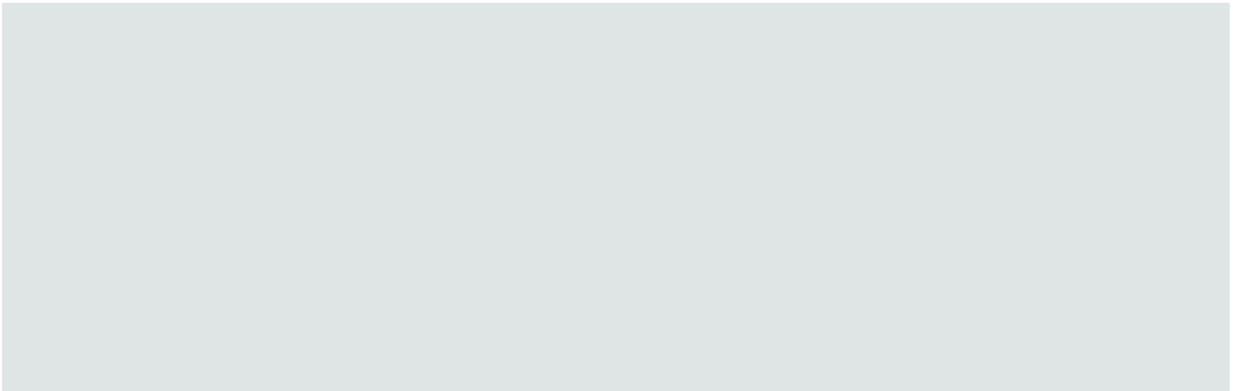
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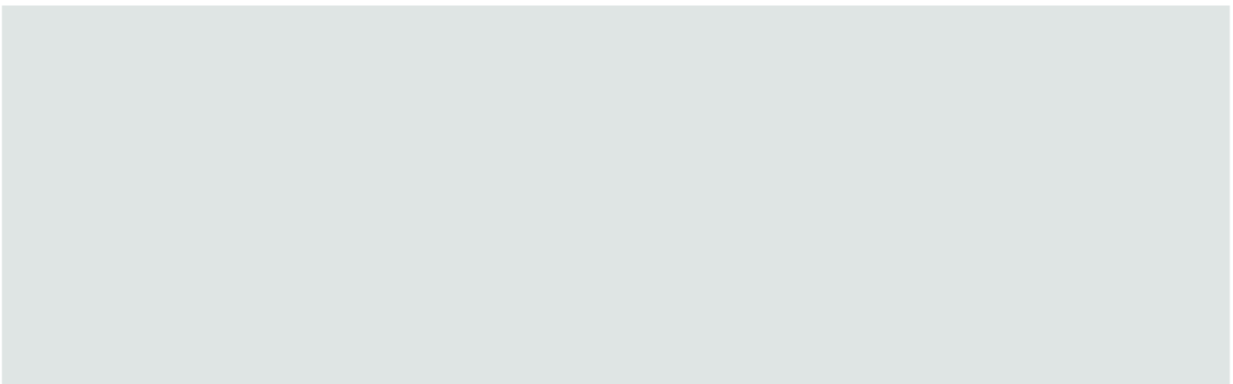
Which do you struggle most with - anxiety, worry, or stress?



How does it change your view of anxiety to consider its God-designed purpose?



Why do you want to experience healing from your own anxiety? Knowing our motivation is important to our follow-through.



ANXIETY AND THE BODY

Anxiety in the Body

- Anxiety causes a variety of physical symptoms
- Short-term and immediate
- Long-term and cumulative

Underlying Medical Conditions

- neurological conditions
- diabetes
- heart disease
- nutritional deficiencies
- thyroid disorders
- hormonal imbalances

Anxiety vs ADHD

Anxiety and Trauma

Anxiety can be related to past traumatic occurrences.

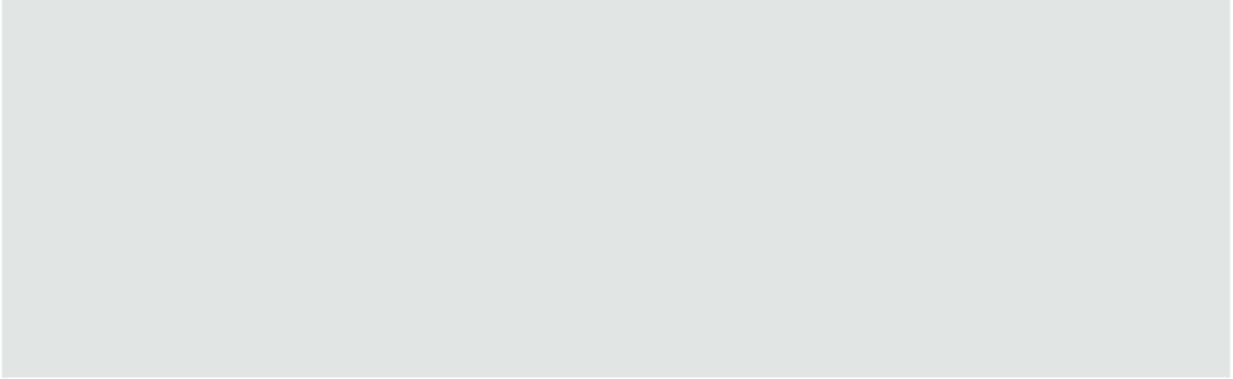
What is traumatic for one person may not be for another, and there are varying levels of trauma.



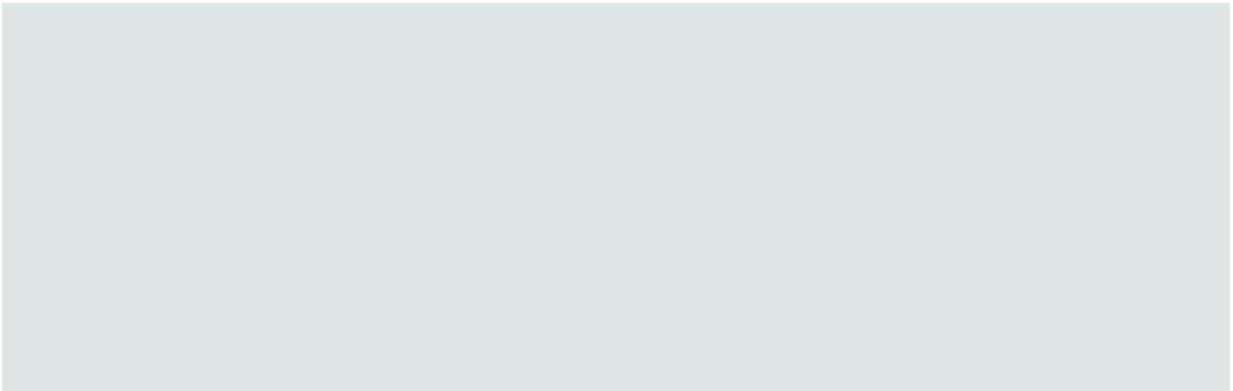
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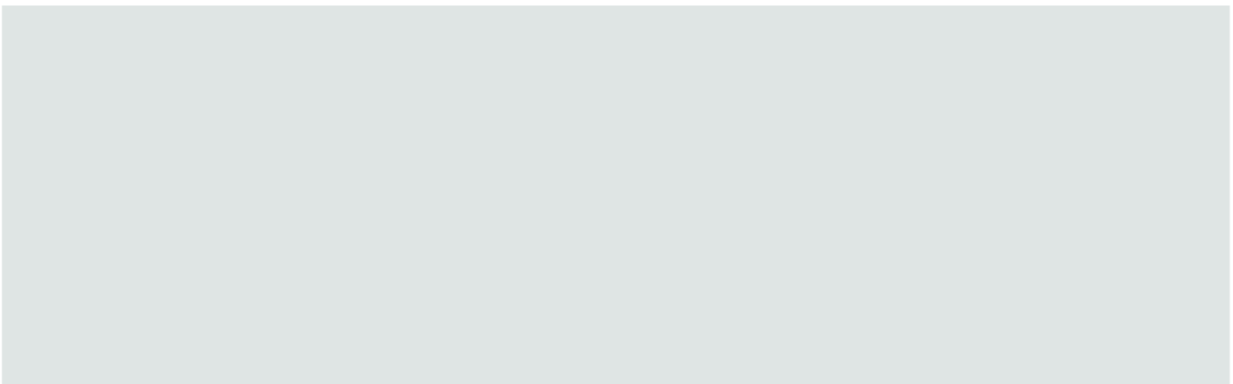
What physical symptoms of anxiety do you most commonly experience?



Is it possible that any past experiences you haven't processed or dealt with are contributing to your anxiety?



If you aren't sure, consider, are the things you worry about future focused or primarily about protecting yourself from harm?



UNDERSTANDING ANXIETY

The Anxiety Cycle



The Window of Tolerance

Understanding emotional regulation, hyperarousal vs. hypoarousal, and what it feels like to begin challenging yourself towards growth.

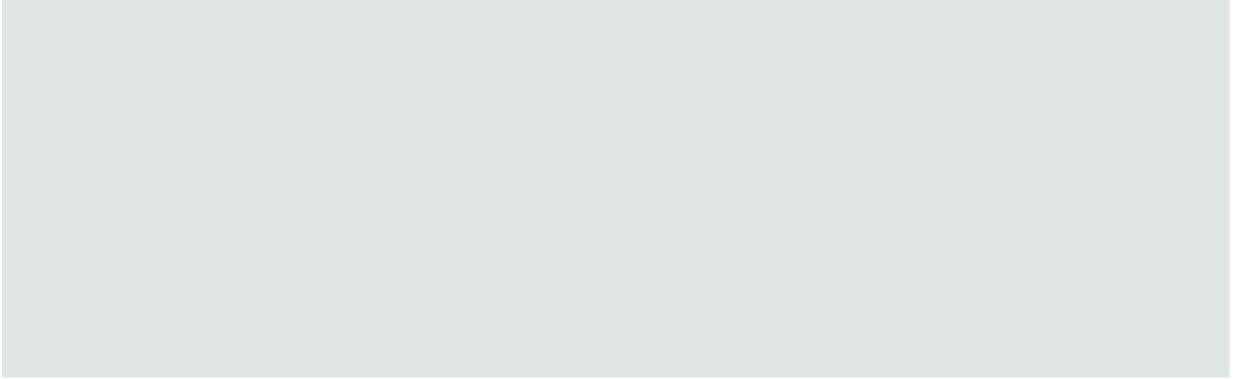
Faith Over Fear

- Joshua 1:9
- 2 Timothy 1:7
- Isaiah 41:10

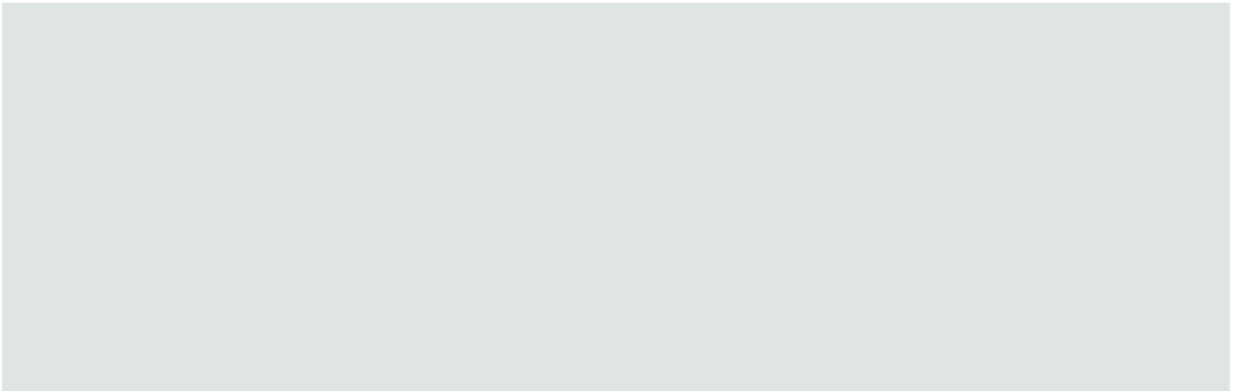
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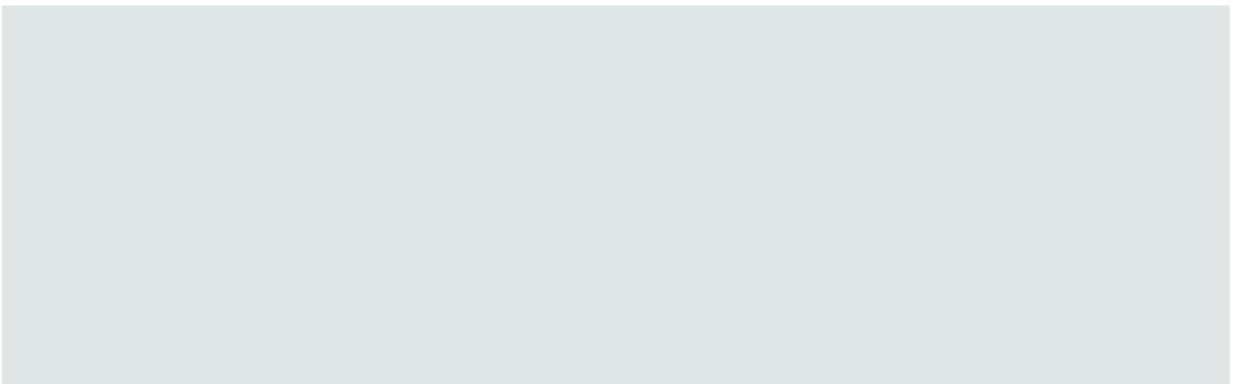
What types of anxiety-provoking situations do you tend to avoid??



What are the most common coping mechanisms you use when avoiding these situations?



What bad habits do you have that could be adding to your stress level?



CARING FOR THE BODY

Sleep

- Assess Environment
- Funneling Method
- Other tips and tricks

Eat

- Hypoglycemia
- Stress-induced IBS
- Caffeine
- Nausea
- OCD and eating disorders

Exercise

- Boost serotonin and endorphins
- Stress relief
- White space for the brain to have a break or emotionally process
- Group activities provide exposure therapy as well as benefits of social interaction
- OCD and eating disorders

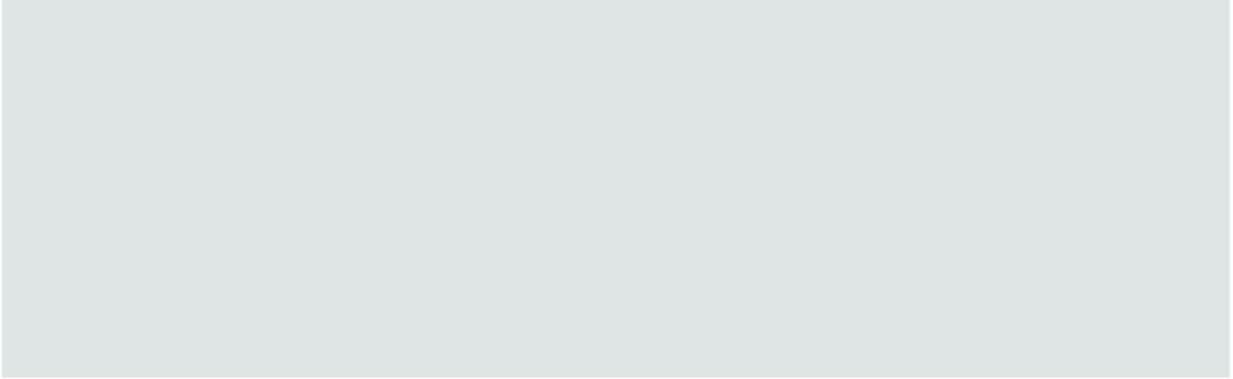
Grounding and Mindfulness

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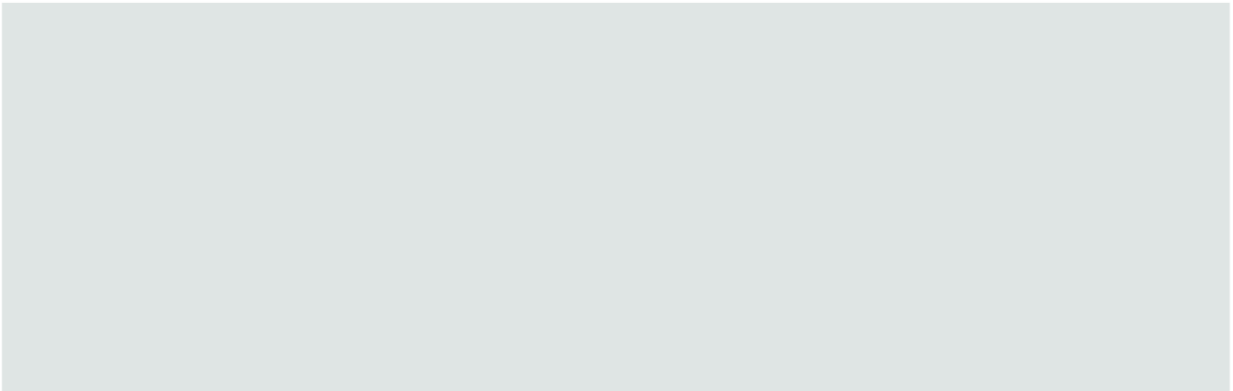
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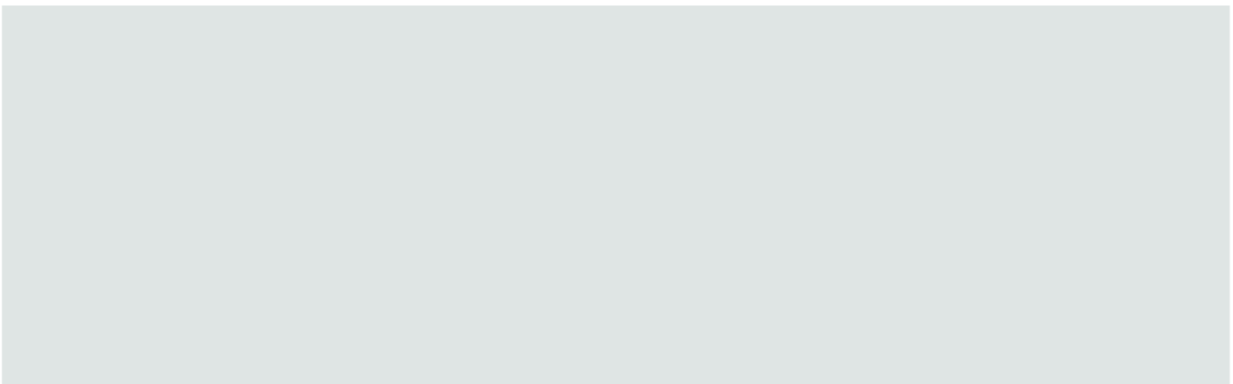
What changes do you need to make in your sleeping, eating, and exercising habits to lower your baseline level of anxiety?



After answering the above question, consider how you could make these changes happen realistically.

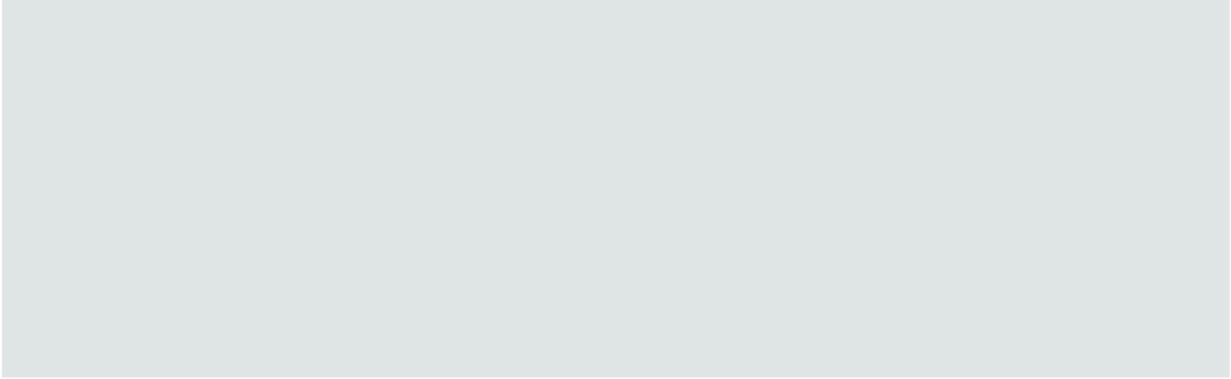


What types of grounding techniques do you think would work best for you? Brainstorm and plan to try them.

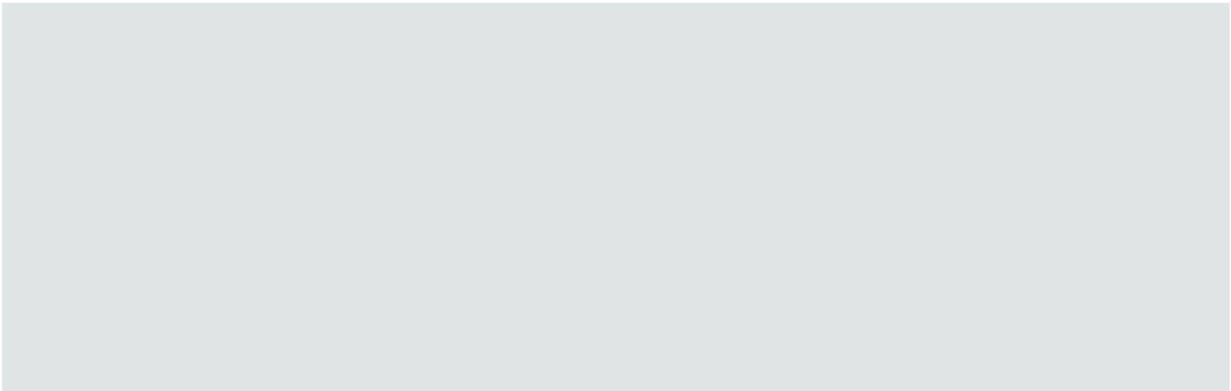


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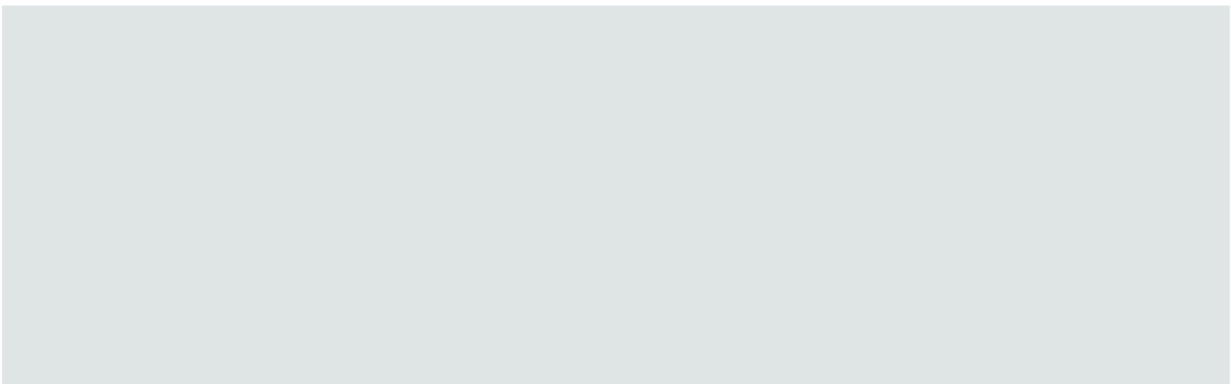
Do you tend towards being overly emotional or overly logical? What do you think you need to do to change this dynamic?



Are you more likely to go to fight mode or flight mode? Is that different in different situations or with different people?



What are some ways you could improve how you process your emotions?



GOAL SETTING

GOAL	ACTION STEPS
	1.
	2.
	3.

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	1.
	2.
	3.

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	1.
	2.
	3.

THANK YOU



I hope the information in this ecourse has been helpful for you. As you continue on your journey, I would be honored if you chose to subscribe to my newsletter or follow me on social media. I know the world is inundated by those things right now, but it's my desire to continue to produce resources that teach, comfort, and encourage in ways that are practical and Biblical and to share them with those whom they might benefit .

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, **so that we** can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ."

2 Corinthians 1:3-5

Krista

C O U N S E L O R A U T H O R E D U C A T O R



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