



Seeds of Hope Webinar

2022 Webinar Series



NO ONE STANDS ALONE
FOUNDATION

Seeds of Hope

Reflection Question:

In what areas do you struggle with Worry and anxiety? What thoughts consume you and how do you currently try to handle your anxiety?

If you struggle
with anxiety
there is HOPE.
The tools that
will be shared
today are seeds
that if you act on
them they will
produce for you
a life of PEACE.



Anxiety

Definition- Merriam Webster Dictionary

Apprehensive uneasiness or nervousness usually over an impending or anticipated ill

An abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, increased pulse rate), by doubt concerning the reality and nature of the threat, and by self doubt about ones capacity to cope with it.

Mentally distressing concern or interest

Statistics

Recent studies that were conducted during covid revealed that the occurrence of anxiety disorders are

1 in 3 Adolescents ages 13-18
50% of young adults ages 18-24
1 in 4 ages 24 or older

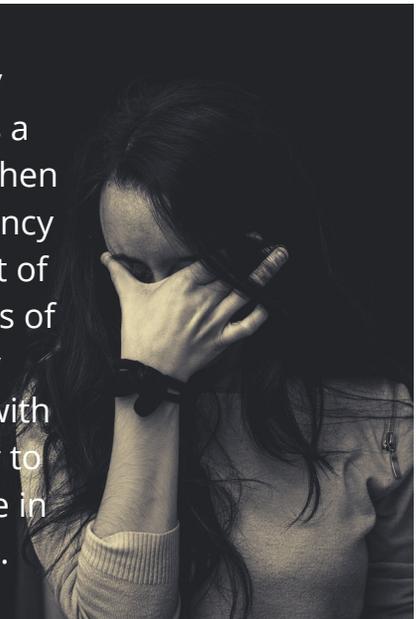
With this being a large problem among every demographic it is important that we acknowledge this and offer strategies to manage and overcome anxiety in our lives.

Anxiety or Fear



Stress Response
Fight or Flight
Response

Anxiety becomes a disorder when the frequency or amount of the feelings of anxiety interfere with the ability to participate in daily life.



Stress Response

1. Perception of fear, or challenge
2. Fight or Flight Response
 - Surge of adrenaline and sets your body on Red Alert
 - causes the body's sympathetic nervous system to release hormones such as cortisol.
 - Can be triggered by real or imaginary threats

The fight or flight response plays a very vital role in how we handle stress and danger. However it is not good when it is being triggered by thoughts or fears that are perceived and are not based in a current reality.

Effects of Fight and Flight

Increased heart rate
Chest palpitations
Increased rate of shallow breathing
Shortness of breath
Numbness or tingling in arms or legs
Lump in throat
Dry mouth

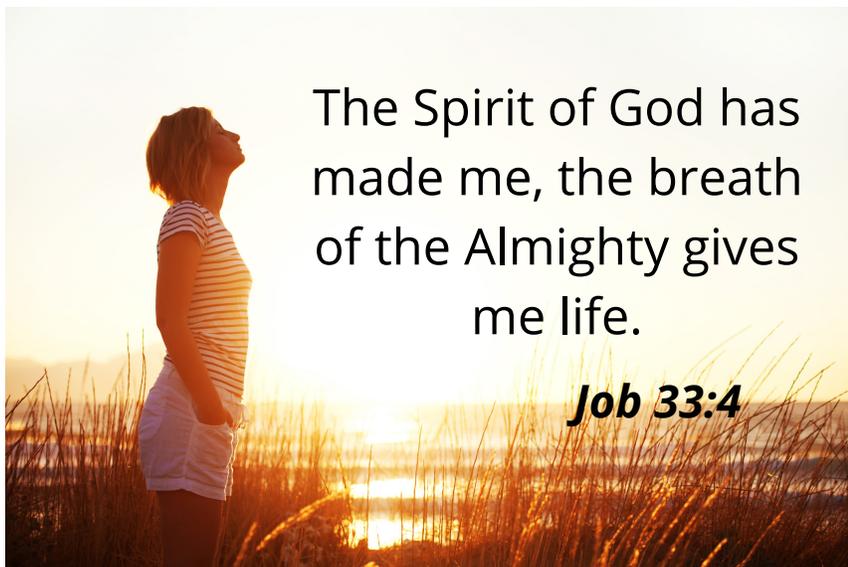


Breathe

- When we go through stress or experience a fight or flight response it affects our breathing. It can either create fast shallow breaths that lead to hyperventilation, or we can slow our breathing to the point where we actually hold our breath.
- Breathing is necessary for regulating our body systems.
- Regulating our breathing is a key for balancing our cortisol levels and activating our bodies natural relaxation response.

Reflection Question:

When you start feeling anxious be conscious of your breathing, what have you noticed about how you breath and how it affect your physical and mental well being. Have you ever used this strategy before? What was the outcome?



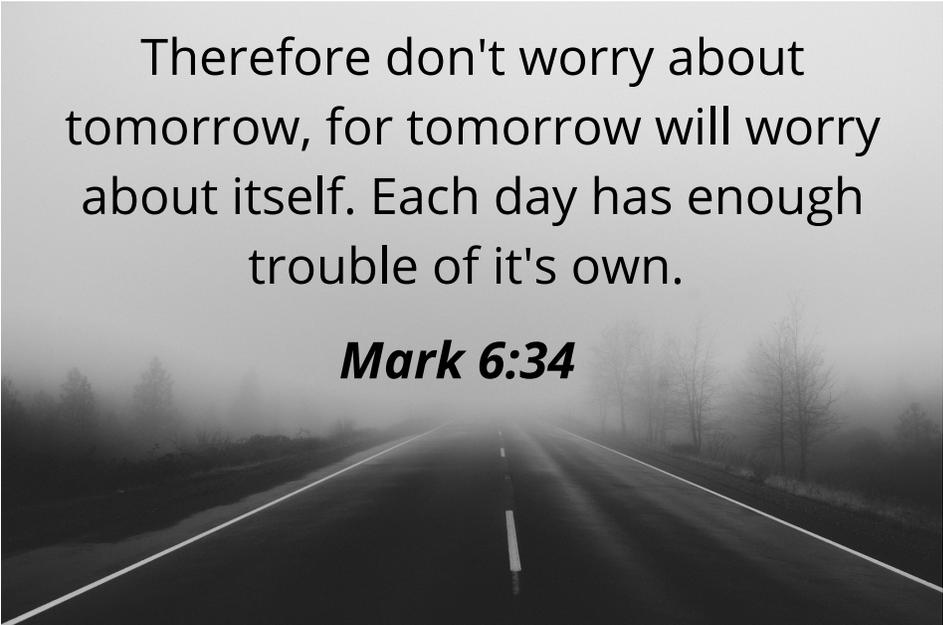
Live in the Moment

- When we focus on the past or on the future we miss out on what is happening right in front of us. We don't enjoy our life and it will just pass us by.
- Living in the moment is KEY to living in peace. When I live in the moment I can fully enjoy each moment. I come to enjoy the little details in each day such such as the sunrise, the laugh of my kids or even the kindness from a friend.
- When I find myself letting my thoughts being distracted by worries about the future I ask myself "Is my RIGHT NOW OKAY?" Asking myself this question helps me to let go of the worry and focus on the present moment. Letting go of everything else and just being present.

Reflection Question:

If you were to start living in the moment, embracing each moment as it came and enjoying the journey how do you think it would change how you see your future?

In life you often will not be able to see too far ahead, just like in this fog. You have a choice to fear what's ahead or have faith that I God is with you and no matter what's ahead you will be able to handle it.



Therefore don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of it's own.

Mark 6:34

Give it to God

- God is able and capable of working out everything in our lives. When we try to control the events of our lives, we actually inhibit God's ability to intervene on our behalf. Surrendering these things to him gives him the permission to work it out.
- "Fear Not" is mentioned 365 times in the Bible. Once for every day of the year. It is not a coincidence. It is God's way of reminding us to not fear the future, but to trust him.
- God promises that when we entrust our concerns to his care he will replace them with the Peace of God that transcends all understanding.

Reflection Question:

What worries or concerns do you need to surrender to God? How does this concept change how you think about the things that cause you anxiety?

Do not be anxious about anything, but in everything 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 your minds in Christ Jesus.

Philippians 4:6-7



Activation

BREATHE

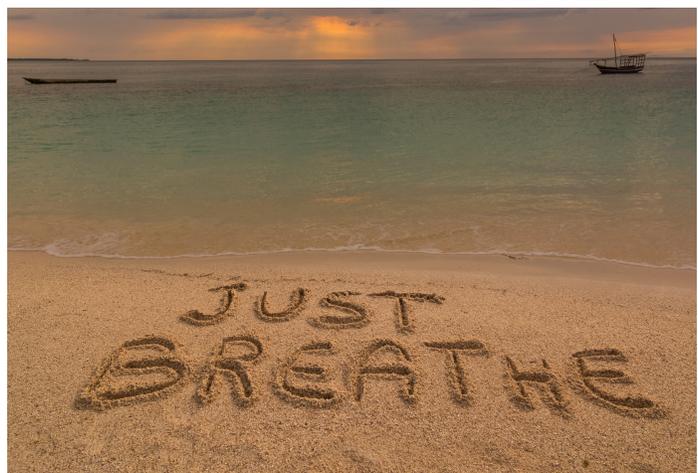
Step 1: Take deep breath through your nose

Step 2: Breathe out slowly through your mouth with pursed lips.

Step 3: Repeat continue for at least 5 minutes or until your breathing returns to normal and your anxiety levels have decreased

After doing this activation how did your anxiety levels change? What did you notice about how your body, and mind felt? Can you commit to doing this breathing exercise ever time you feel anxiety rising in your life? Write your thoughts in the space provided.

Another strategy is when you awake each morning take the first 5- 10 minutes doing these deep breathing exercise. It will help you start your day on the right foot.



3 Keys to Remember

01 BREATHE

Whenever you find yourself being triggered with an unnecessary stress response, take time to just BREATHE.

Do your deep breathing exercise until you are able to return to normal state again.

02 LIVE IN THE MOMENT

When you find yourself worrying about the future ask yourself if this moment is okay. Live each moment to the fullest. Don't concern yourself with things that have not happened and may never happen.

03 LEAVE YOUR CONCERNS AND FEARS WITH GOD IN PRAYER

God is more than able to handle your concerns, in fact most of the time he is already working behind the scenes on your behalf before you even ask.

The art of life is to live in the present moment.

Emmet Fox

Our Mission and Vision

Our mission is to offer support, resources and opportunities for healing to those struggling with mental health issues. We achieve this through group mentoring session, one on one sessions and offering online courses that can be done at one's own pace to find freedom.

We desire to change the stigma and effects that these issues present in families. We find that these are generally passed on to other generations and we want to break that cycle. Where those we work with can find freedom and to pass that on to their future generations.

Contact Information

**For Support, Mentorship and
Resources**

Our Story

Often times in our most vulnerable and critical times we find that we journey alone. It is often because we are afraid to open ourselves up to others to let them know that we are struggling. Other times it is because we have a hard time finding others who can relate or help in our great time of need.

No matter what you are going through you are not alone. Our foundation is in the knowledge of God's care and participation in our lives. We want to make ourselves available to those seeking our support so that you do not need to journey alone anymore.

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