

WHAT'S WRONG WITH ME?

Anxiety and Depression
Introduction

ANXIETY AND DEPRESSION!

- We don't recognize that what we are feeling are anxiety and depression.
- Can feel like it comes from nowhere. We can be going through our lives like normal and then it is like a switch turns on. We can't seem to figure out what turned it on or how to shut it off.

Is anxiety and depression an issue in your life? Do you know why you are feeling anxious and depressed? Write out all the reasons you feel anxious and depressed in the space below.

Search me, God, and know my heart; test me and know my
anxious thoughts.

Psalm 139:23

What is Depression?

A mental condition characterized by feelings of severe despondency and dejection, typically also with feelings of inadequacy and guilt. Often accompanied by lack of energy and disrupted appetite and sleep.

Symptoms:

- Excessive Worrying
- Feeling Restless or on Edge
- Muscle Tension
- Feelings of worthlessness
- Excessive Guilt
- Withdrawing from friends and family
- Reckless behaviors'
- Fatigue
- Changes in sleep patterns
- Changes in Appetite
- Anger and Irritability
- Physical Pain
- Persistent Sadness
- Trouble Concentrating
- Suicidal Ideation

Do you experience any of these symptoms? Write down all the ones that apply to you and then rate them from 1-10.

What is Anxiety?

A mental condition characterized by excessive apprehension, worry, or nervousness about a real or perceived threats.

Symptoms of Anxiety

- nervousness, restlessness or being tense
- feelings of danger, panic or dread
- rapid heart rate
- Heavy sweating
- Weakness, lethargy
- difficulty focusing
- Insomnia
- digestion issues
- strong desire to avoid things that trigger anxiety
- trembling, muscle twitching

Do you experience any of these symptoms? Write down all the ones that apply to you and then rate them from 1-10.

What are Panic Attacks?

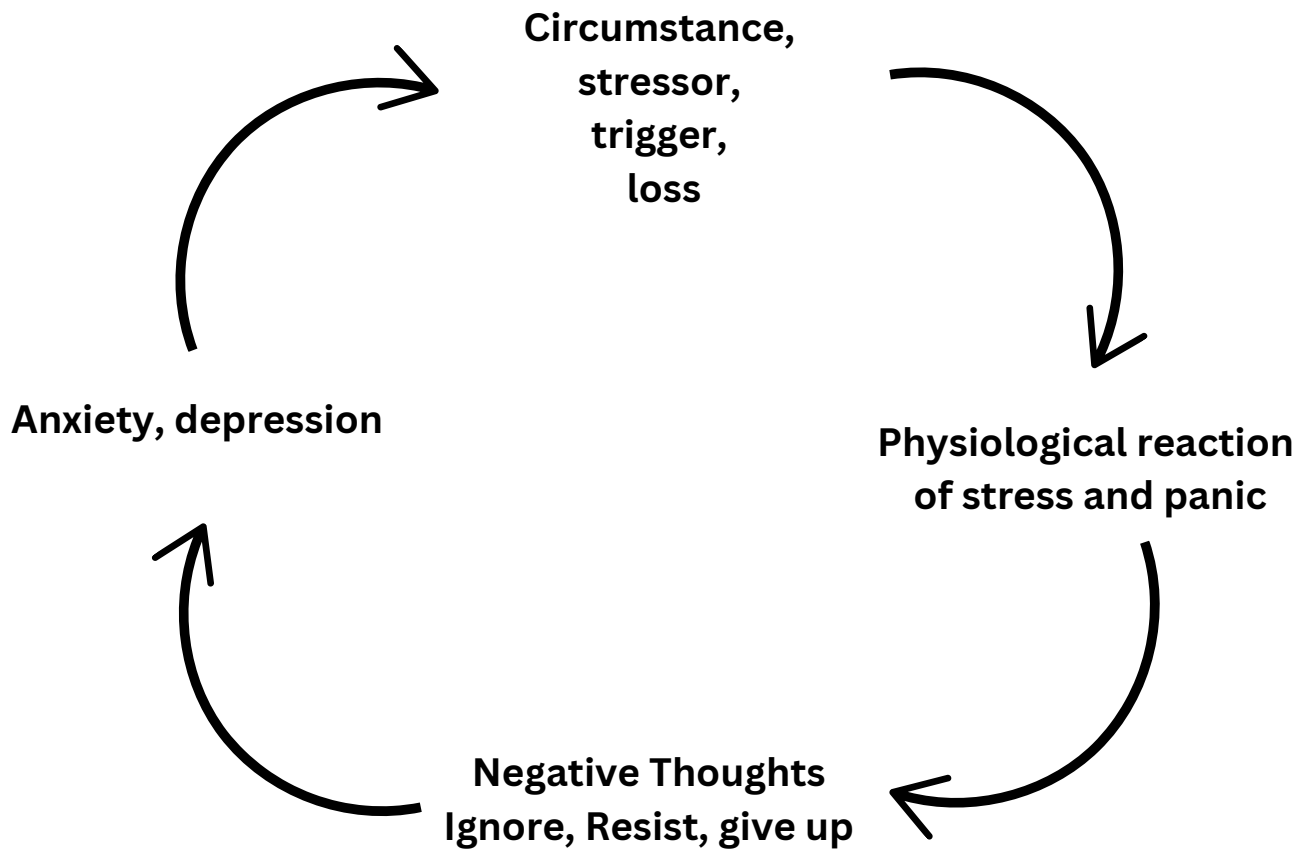
A feeling of sudden and intense anxiety. That makes you feel like you need to run away or get out of the situation you are in as quickly as possible. It triggers the fight or flight response in your body.

What to do with Panic Attacks.

1. Accept it- don't run from it.
 2. Try to figure out what's really bothering you?
 3. Give yourself permission to feel anxious (Of course I feel anxious, I haven't done this in a long time)
 4. Use positive dialogue.
 5. Breathe- Take deep breaths
 6. Laugh at yourself- See the humour.
- Relax, and stay calm.
 - Let time pass.
 - Don't RUN.

Have you ever experienced a panic attack? How have you tried to deal with it in the past?

Cast all your anxiety on him because he cares for you. 1 Peter 5:7



What are your ANTS (automatic negative thoughts)?

Statistics

- Average person has 6000+ thoughts per day.
- 80 % are contributed to negative thoughts
- 90% of our thoughts are repetitive (we have them daily)
- Called ANTS (Automatic Negative Thoughts)
- Causes us to experience heightened levels of stress and anxiety.

Facts

- Everyone experiences stress, fear, pain, anxiety, panic. It is a normal reaction to things happening in our lives.
- What we do with these things will determine how we process these events.
- God designed our bodies to go through its complete fight and flight cycle within 90 seconds. At that point it is up to us to continue the cycle or to use strategies to calm ourselves down, and rationalize what is happening.

Strategies

- Acknowledge what you are feeling.
- Validate how you are feeling.
- Consider how you can make changes to your circumstance
- Listen to your body.
- Can you change the outcome?
- What is really bothering you?
- Is what was said TRUE? If not then let it go. If it was then what can you change?

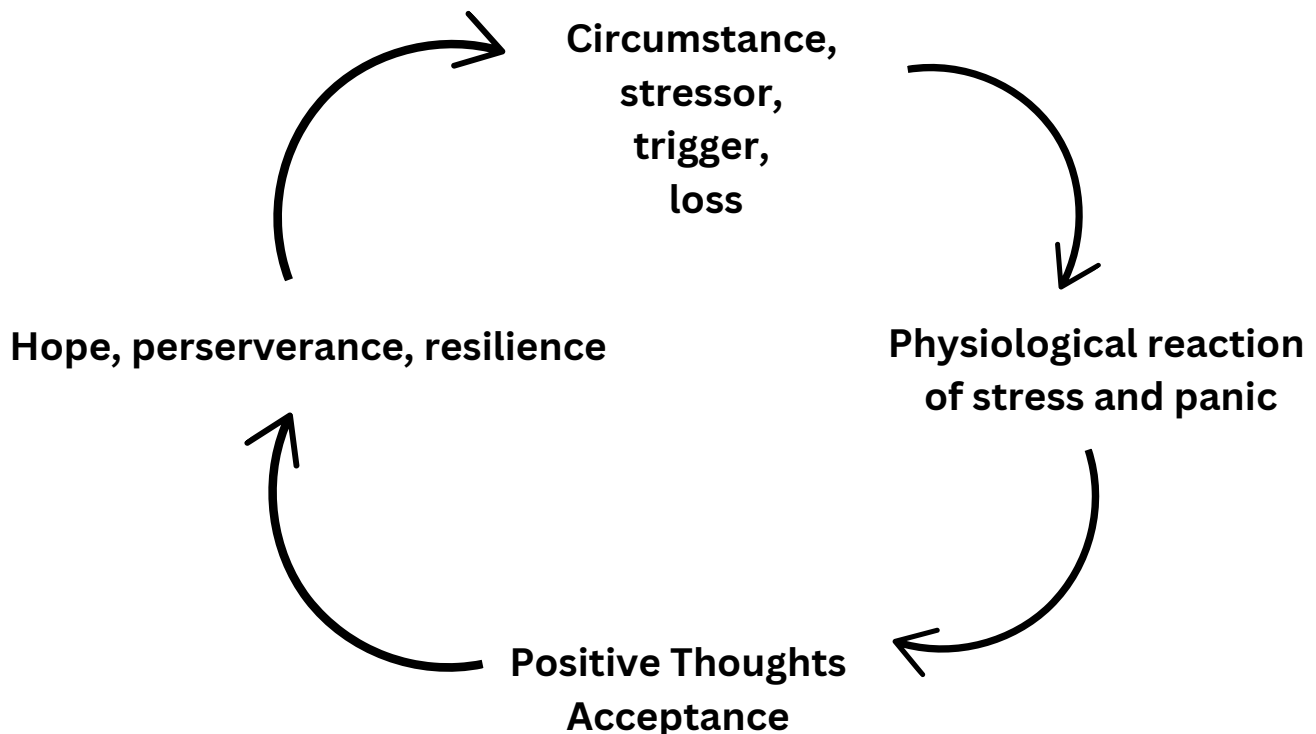
What strategies are you going to use next time you are faced with a stressful time?

90

seconds can change your life

“When a person has a reaction to something in their environment, there’s a 90-second chemical process that happens; any remaining emotional response is just the person choosing to stay in that emotional loop.”

What are some ways you can remind yourself about this 90 second cycle. How can you change the outcome of your stress.



Solution

- Is this thought true?
- Does having this thought serve me?
- Is there another explanation or way of looking at things?
- What advice would I give a friend who was having this thought?
- What does the Bible say about this?
- Change these negative thoughts into PETS (positive empowering thoughts)

Write out some Positive Empowering thoughts that you can meditate on next time you are overwhelmed by stress and anxiety.

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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Philippians 4:6-8

What are some revelations that God has shown you regarding how you respond to stress and anxiety? What is God asking you to do about it. How can you give all your concerns to God.

T R U E

H E L P F U L

I N S P I R I N G

N E C E S S A R Y

K I N D

Anxiety
weighs down
the heart, but
a kind word
cheers it up.
Proverbs 12:25

Activation

90 SECONDS

Think about the most troubling thoughts and feelings that you have been having recently. Recognize the impact they have been having on your mental well-being as well as your physical body. Write out all the negative impacts that these thoughts and feelings have had in your life. How can you shift these thoughts and feelings into something that will benefit you?

4 Keys to Remember

- 01 DEPRESSION AND ANXIETY IS A NORMAL RESPONSE TO STRESS, AND ISSUES IN OUR LIVES. WE CAN CONTROL HOW WE ALLOW IT TO AFFECT US!
- 02 DON'T RUN AWAY FROM OR RESIST YOUR FEELINGS OF PANIC. YOU DON'T NEED TO DO ANYTHING, RECONIZE IT FOR WHAT IT IS AND LET IT PASS.
- 03 YOUR THOUGHTS EITHER POSTITIVE OR NEGATIVE WILL DICTATE IF YOU REMAIN STUCK IN THE PROBLEM OR ARE ABLE TO MOVE THROUGH IT.
- 04 90 SECONDS IS ALL IT WILL TAKE FOR YOU TO CHANGE HOW THESE STRESSES IMPACT YOU. WHAT ARE YOU GOING TO DO WITH YOUR NEXT 90 SECONDS.

IF YOU
CHANGE
NOTHING,
NOTHING
WILL
CHANGE!