



Anxiety Traverse City

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Anxiety

o Definition

- A. Anxiety or “angst” is a state of unrest, inner conflict, turmoil, dis-ease, dissonance, conflicting life messages, unresolved conflict, unfinished business, resentment, unforgiveness, adjustment to changes, involves fear and uncertainty, and a feeling of being out of control.
- B. “An unpleasant feeling of helplessness and isolation sometimes accompanied by physiological manifestation of fear, consciously accounted for by the anticipation of pain, death or some unknown catastrophe but without sufficient justification.” Webster’s Dictionary.

Symptoms of Anxiety

- o Inner agitation
- o Sweaty Palms
- o Jelly knees
- o Heart Palpitations and pounding
- o Heaviness in chest
- o Sense of impending doom
- o Inability to focus or concentrate
- o Mood becomes more agitated as the day goes on
- o Shortness of breath
- o Numbing stroke-like symptoms

Panic Disorder: a Syndrome, Not a Symptom

Key Features of Panic Disorder With or Without Agoraphobia

- Recurrent and unexpected **panic attacks**
and
- At least one of the attacks has been followed by 1 month (or more) of one (or more) of the following:
 - (a) persistent **concern** about having additional attacks
 - (b) **worry** about the implications of the attack or its consequences (eg, losing control, having a heart attack, going crazy)
 - (c) a significant **change in behavior** related to the attacks
- Panic attacks are not due to:
 - effects of a substance or general medical illness
- Panic attacks are not better accounted for by another psychiatric disorder
- Can present with or without agoraphobia

A Panic Attack Is...

A discrete period of *intense fear* or *discomfort* in which four (or more) of the following symptoms develop abruptly and reach a peak within 10 minutes:

1. palpitations, pounding heart, or accelerated heart rate
2. sweating
3. trembling or shaking
4. sensations of shortness of breath or smothering
5. feeling of choking
6. chest pain or discomfort
7. nausea or abdominal distress
8. feeling dizzy, unsteady, lightheaded, or faint
9. derealization (feelings of unreality) or depersonalization (being detached from oneself)
10. fear of losing control or going crazy
11. fear of dying
12. paresthesias (numbness or tingling sensations)
13. chills or hot flushes

DSM-IV™ 1994.

Scriptures

1 Peter 5:6-10

“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 self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you suffered a little while, will himself restore you and make you strong, firm, and steadfast. To him be the power for ever and ever.”

Phil 4:4-7

Ps.139:24

1 Peter 5:6

Scriptures

“Rejoice in the Lord always, I will say it again, rejoice. Let your gentleness be evident to all. The Lord is near.”

Philippians 4:4-8

“For God did not give a spirit of fear, but of power, love and a sound mind.”

1 Timothy 2:7

How to Deal with Fear and Anxiety

o Anxiety Equation

- $A = D/C$
- Reduce the level of anxiety by:
 - Decreasing the threat of danger
 - And increasing the coping capacity
- Example of earthquake victims

How to Deal with Fear and Anxiety

o Increase Coping Strategies

- Prayer: God is in control
- Steps to Freedom
- Physical needs
- Medical needs
- Deep breathing: 4X4 method
- Renewing mind
- Inner Healing: Psychological wounds
- Judgments, lies and inner vows

Decrease the danger.

- o Look, define the “elephant”.
- o “Steps” to Freedom”
- o Physical needs
- o Renewing of the mind
- o Inner healing
- o Medication?
- o Understand “Fearing God”

Fearing God

- Definition
- Historical: Adam and Eve
- Lies of New Age Religion
- Two Kinds of wisdom
 - ***James 3:1*** from flesh
 - ***James 3:2*** from heaven

Benefits of Fearing God (Anderson, Miller p.264)

- o Guidance
- o Intimacy
- o Protection
- o Provision
- o Love
- o Compassion
- o Physical health
- o Wisdom, Knowledge
- o Life and Peace
- o Prosperity

see handout

Strategies for Coping with Anxiety

- o Commit yourself to complete recovery
- o Commit yourself to pray about everything first
- o Commit yourself to an intimate relationship with God
- o Commit yourself as a child of God

Strategies for Coping with Anxiety

- Commit your body to Christ: Romans 12:11; 1Corinthians 6:19-20.
 - Get a complete physical exam
 - The endocrine system
 - Low blood sugar
 - The pituitary gland
 - Adrenal exhaustion
 - Female reproductive system

Strategies for Coping with Anxiety

- Commit yourself to the renewing of your mind: Romans 12:2; Philippians 4:6-8.
- Commit yourself to good behavior
- Commit to meaningful relationships: Hebrews 10:24-25
- Exchange your ashes for His beauty

Strategies for Coping with Anxiety

- Commit yourself to overcome every loss
 - Identify and understand each loss
 - Separate the concrete from abstract losses
 - Facilitate the grieving process
 - Face the reality of the loss
 - Develop a Biblical perspective on the loss: A bend in the road is not the end of the road unless you fail to make the turn.
 - Renew your mind to the truth of who you really are