

# **ANXIETY**



**RACHEAL ELROD-EDWARDS, LMFT**



# **ANXIETY IS A NOUN.**

- **UNEASY FEELING OF UNCERTAINTY, AGITATION, DREAD, OR FEAR.**
- **THE MOST COMMON WORDS IN SCRIPTURE TRANSLATED AS "ANXIOUS" OR "ANXIETY" ARE THE HEBREW DEAGAA (HG'A.D) (TEN TIMES IN EITHER THE VERBAL OR NOUN FORM) AND THE GREEK MERIMNA (MEVRIMNA) (TWELVE TIMES IN EITHER THE VERBAL OR NOUN FORM).**
- **OLDER ENGLISH VERSIONS OF THE BIBLE OFTEN RENDER THESE WORDS AS "THOUGHT," "WORRY," OR "CARE."**

# WHAT DOES ANXIETY LOOK LIKE

## PHYSICAL CHANGES

- **FREQUENT HEADACHES, INCLUDING MIGRAINES**
- **GASTROINTESTINAL PROBLEMS**
- **UNEXPLAINED ACHES AND PAINS**
- **EXCESSIVE FATIGUE**
- **COMPLAINTS OF NOT FEELING WELL WITH NO OBVIOUS MEDICAL CAUSE**
- **CHANGES IN EATING HABITS.**
- **DIFFICULTY FALLING ASLEEP & STAYING ASLEEP**

## EMOTIONAL CHANGES

- **FEELING “KEYED UP”**
- **FEELING ON EDGE**
- **IRRITABILITY**
- **DIFFICULTY CONCENTRATING**
- **RESTLESSNESS**
- **UNEXPLAINED OUTBURSTS**

# THE BODY NEEDS:

- **KAKI BREATH**
  - **5 BREATHS**
  - **3 TIMES DAILY**
- **4-7-8 BREATHING**
  - **3 MINUTES 3 TIMES DAILY**
  - **GOZEN**
- **GROUNDING WITH HAND**
  - **PUT ON FRIDGE PRACTICE EVERY TIME YOU SEE IT DAILY**

## ANXIETY GROUNDING TECHNIQUE

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focus on your breathing, then identify

5 things  
you can  
see



3 things  
you can  
hear



4 things  
you can  
touch



2 things  
you can  
smell



1 thing  
you can  
taste





# THE BIBLE SAYS

## 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. 7 AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. (NLT)**

PRAYER SHOULD  
BECOME AS  
NATURAL AS  
BREATHING.

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# THE BIBLE SAYS:

- **PSALM 94:19**

- **WHEN ANXIETY WAS GREAT WITHIN ME, YOUR CONSOLATION BROUGHT ME JOY. (NIV)**
- **WHEN DOUBTS FILLED MY MIND, YOUR COMFORT GAVE ME RENEWED HOPE AND CHEER. (NLT)**

- **2 TIMOTHY 1:7**

- **FOR THE SPIRIT GOD GAVE US DOES NOT MAKE US TIMID, BUT GIVES US POWER, LOVE AND SELF-DISCIPLINE. (NIV)**
- **FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR AND TIMIDITY, BUT OF POWER, LOVE, AND SELF-DISCIPLINE.. (NLT)**

- **ANXIETY IS A NATURAL HUMAN EMOTION THAT HAS A PLACE IN OUR LIVES.**

- **IT'S ALSO AN ATTEMPT TO USE OUR POWER INAPPROPRIATELY.**

- **CONTROL IS AN ILLUSION.**

- **WE CAN ONLY CONTROL OUR SELF.**

- **HENCE, WE CAN ONLY EXPERIENCE RELIEF FROM ANXIETY WITHIN OURSELVES.**



## YOUR WORDS MATTER, EVEN TO YOU!

- **PROVERBS 12:25**
- **ANXIETY WEIGHS DOWN THE HEART, BUT A KIND WORD CHEERS IT UP. (NIV)**