

The remarkable thing about **God** is that when you fear **God**, you fear **nothing else**, whereas if you do not fear **God**, you fear everything else.

-Oswald Chambers

List common coping mechanisms:

- drugs
- alcohol
- bingeing Netflix/video games
- porn
- ASMR

Come to me, all you who are **weary and burdened**, and I will give you **rest**.

Matthew 11:28



What do you think causes disaster anxiety?

Social anxiety is caused by:

fear of others' disapproval

Define disaster anxiety:

imagining that some terrible tragedy is on the verge of happening, either to ourselves, or to our loved ones.

What kind of **community** makes it safe to share issues?



Without **anxiety**, little would be accomplished. The performance of athletes, entertainers, executives, artisans, and students would suffer; creativity would diminish; crops might not be planted...This would be as deadly for the species as **nuclear war**.

- Dr. David Barlow

Do you agree or disagree with the quote? Why?

Anxiety cannot be **avoided**, but it can be **reduced**.



Rollo May
The Meaning of Anxiety



70% of teens see anxiety and depression as a "**major problem**" among their peers.

Pew Research Center 

What is the difference between **anxiety** & **fear** ?

Cast all your **anxiety** on him because he **cares for you**.

1 Peter 5:7



List methods for dealing with anxiety:

examples:

- focus on what's real
- (sometimes) medication
- talk to yourself
- counseling
- exposure therapy
- journaling
- art/creativity
- write down prayers
- gratitude
- talk with trusted people

Anxiety