

# Conversation Guide

## Mental Health, ep. 1

### Episode 1 summary:

- We live in a world where it's almost weird to *not* have anxiety.
- Anxiety is different from fear because it often focuses on a less tangible threat. Anxiety is not a bad thing, but it's often an uncomfortable thing to feel.
- Anxiety Disorder is when the normal anxiety we feel doesn't go away, and it can manifest in different ways, like OCD or PTSD or panic attacks.

### 1. Anxiety

### 2. Depression

### 3. Suicide

### Discussion questions

**01** What do you do when you feel anxiety? Do you have something or someone you come back to that helps with the anxiety?

**02** What do you think of the idea that anxiety can be good for us? Do you think you would be as motivated or focused without the anxiety of potential failure or disappointing people?

**03** When you encounter something scary, do you tend to face that fear or do you avoid it? Is facing our fears always a good thing?

### Diving deeper

**Read Philippians 4:4-9.** Paul tells the church in Philippi to not be anxious, but instead to bring our requests to God with "prayer and supplication." Spend some time in prayer, bringing some of your anxieties to the Lord. Afterwards, consider sharing with someone about that experience.