

"I always thought I was just a worrier. I'd feel keyed up and unable to relax. At times it would come and go, and at times it would be constant. It could go on for days. I'd worry about what I was going to fix for a dinner party, or what would be a great present for somebody. I just couldn't let something go."



"I'd have terrible sleeping problems. There were times I'd wake up wired in the morning or in the middle of the night. I had trouble concentrating, even reading the newspaper or a novel. Sometimes I'd feel a little lightheaded. My heart would race or pound. And that would make me worry more."



"My daughter used to want to do everything perfectly. She would work so hard and would be so hard on herself when she didn't get it right. She would worry and sometimes even cry. She would have stomachaches and then want to avoid going to school or other activities. She really had a hard time telling me that she was so worried. I had no idea that she was suffering with anxiety from anxiety."

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**ARE YOU
STRUGGLING WITH
ANXIETY?**

Do you have the feeling that something just isn't right?

Do you have a nervousness and a restlessness that makes it difficult to quiet your body, mind, and spirit?

Have you longed to know that "Peace that passes understanding"?

Would you like to learn what it means to labor to enter His rest?

ANXIETY

Anxiety exhibits itself in many ways. There are different types of anxiety experiences. Some individuals may experience some, or all of the ways anxiety is manifest as listed below. Some individuals experience them at intense levels and others at less intense levels.

Anxiety effects on the body:

- Physical restlessness, feeling “keyed up”
- Easily fatigued
- Difficulty sleeping (or feeling rested after sleep)
- Muscle tension
- Panic attacks (e.g. feeling as you though you can’t breathe, heart beating fast, chest pain, numbness or tingling sensations, trembling, sweating)
- Easily startled
- Always on “alert”
- Upset stomach, “butterflies in your stomach”

Anxiety effects on relationships:

- Feeling irritable
- Avoiding activities, situations, or people that trigger a sense of nervousness or worry
- Difficulty in completing things, making it challenging for work and/or home
- Not feeling like yourself and it impacting your personal relationships
- Worrying too much about others, so that it causes problems
- Difficulty in your relationship with God, wanting to “trust God” but not knowing how

Anxiety effects on the mind:

- Difficulty controlling worrisome thoughts
- Unwanted thoughts and/or images continue to “pop into” your mind
- Distressing dreams or memories invade your thinking.
- Difficulty concentrating
- Difficulty making decisions
- Thoughts or images pop into our heads without wanting to think about it

HOW DO WE UNDERSTAND ANXIETY FROM A CHRISTIAN PERSPECIIVE?

We live in a fallen world, that is, we live in a world where there is sin. There is sin in our lives, as well as in the lives of others. We long for the day that everything is made right, in the world, and in our own hearts, minds, and bodies. Until then, we struggle to enter into the rest God has provided. We struggle to live life fully, the abundant life that was promised to those who follow Christ.

For those who struggle with anxiety, their struggle may be a daily one. For some, anxiety may have biological components that interact with their everyday life that makes it difficult to not worry. For others, they have endured situations that have heightened in them a tendency to respond with worry. It may be that something terrible has happened, and for some, their bodies and minds can’t seem to be able to let their guard down.

Whatever the source that contributes to your anxiety, there is hope. God invites you to enter into freedom... God wants to help you learn how to take your thoughts captive, settle your bodies to be still, and entrust your heart into His care... in the midst of worrisome times and situations.

If you would like more information or assistance for yourself, your child, or a family member, please feel free to contact Andrya Dieter, PsyD, at (651) 379-0444.

Often we find ourselves struggling with a particular difficulty and we try on our own to make a change, to “conquer” the problem... but sometimes we just need a little extra help, information, support, guidance, and encouragement.
