



# ANXIETY



**SPONSORED BY  
FIRST BAPTIST CHURCH OF HIGHLAND  
PARK (FBCHP)**

**THE GUIDING MINISTRY  
JUNE 17, 2025  
7:00 PM (EST)**

# **SURVEY QUESTION 1**

**How many people do  
you think are  
experiencing some  
form of anxiety in the  
US?**



## **Prevalence of Any Anxiety Disorder Among Adults**

According to the National Alliance on Mental Illness (NAMI), Anxiety disorders are the most common mental health concern in the United States. Over 40 million adults in the U.S. 19.1% have an anxiety disorder. Meanwhile, approximately 7% of children aged 3-17 experience issues with anxiety each year. Most people develop symptoms before age 21.

## **SURVEY QUESTION 2**

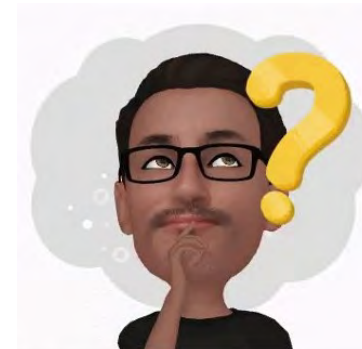
**What is a self-care practice that helps you relax and recharge?**



# **SURVEY QUESTION 3**

**Below are questions to evaluate Anxiety.  
The scale being 1 - 5 , rank each situation  
with 5 being Strongly Agree and 1 being  
Strongly Disagree.**

- 1. I feel relieved when my turn is over  
(game, speaking).**
- 2. I play with a hair (tie)/watch/bracelet/etc.**
- 3. I practice what I am going to say before I  
say it.**



# WHAT IS ANXIETY

**Anxiety** is an inner feeling of apprehension, uneasiness, worry and/or dread. It causes the body to be on alert, ready to flee or fight. It can arise due to a specific threat or danger or due to the thought of a threat or danger or an imaginary threat or danger.

## Types of Anxiety (DSM-V)

- **Generalized Anxiety Disorder (GAD):** the most common and widespread type of anxiety.
- **Social Anxiety Disorder:** an irrational fear of social situations.
- **Separation Anxiety Disorder:** excessive fear or anxiety concerning separation from those to whom the individual is attached

## Types of Anxiety (DSM-V) cont'd

- **Specific Phobias:** an intense fear of a specific object or situation.
- **Post Traumatic Stress Disorder (PTSD):** a disorder that can develop after a person experiences or witnesses a traumatic event.
- **Obsessive Compulsive Disorder (OCD):** a disorder characterized by unwanted, intrusive thoughts and repetitive behaviors.



# What Does the Bible Say About Anxiety



# Types of Anxiety

The Bible notes **two (2) forms of anxiety**

1. **A healthy concern** – Paul experienced anxiety or worry about the welfare of the churches of Corinth (I Corinthians 1). So, he sent a letter to them to correct any errors that may have occurred concerning what they were taught about Christian conduct and character.

We worry about our children's or loved ones' safety and well-being; we worry about our health or environment and any number of other things. These are natural concerns and things we have the ability to do something about to lessen our worry.

## Second Form of Anxiety

**2. As fret or worry** – Many of us slip into fret and worry when we try to become self-reliant and preoccupied with life pressures and things we may have little or no control over. We can't control a negative medical diagnosis, crime in our cities, poor decisions other people make, how people view us or what they say about us and a number of other things. These are the worries over which we have to relinquish our perceived control and recognize they are things that only God can control.

# Causes of Anxiety

- Threat – to something important, as one's life or well-being
- Conflict – the influence of two or more pressures
- Fear – irrational beliefs that persist

## Causes of Anxiety cont'd

- Unmet Needs – either real human needs or existential needs (something that one feels is necessary)
- Physiology – prolonged stress causes severe anxiety
- Individual Differences – some people never appear to be anxious; some seem anxious all the time and the majority are in between

Persistent sadness

Shortness of breath

Shallow breathing  
**panic**

**Irritability**

frustration

**Inability to sleep**

exhaustion

sleepiness

Defensive Reactions

Change in bowel

Stomach discomfort

cramps

tiredness

**fatigue**

**Loss of appetite**

Physical Reaction

headaches

doom

**Effects of Anxiety**

Chronic medical condition

**Racing heart**

Spiritual Reactions

Heart Skipping Beats

fluttering

**sweating**

**Dry mouth**

Cold or sweaty hands

Intense worry

**Physical Reactions**

bloating

**Suicidal thoughts**

numbness

frustration

Social isolation



# Strategies to Overcoming Anxiety

- Be Calm – pray, put things into perspective, think good thoughts
- Try to Identify Source – admit fears & insecurities, acknowledge hurts, journaling (brain dump)
- Engage in Positive Activities – walking, reading, singing, painting, journaling, try something new



## Strategies to Overcoming Anxiety cont'd

- Be in Community- help Someone, visit the sick, read to someone, give someone a ride, join a group
- Be Realistic – identify source, identify the purpose of the source, control it or remove yourself, if possible, learn to establish boundaries
- Good sleep hygiene





## Strategies to Overcoming Anxiety cont'd

- Scaling 1-10 with 1 as no/low level of anxiety and 10 as highest level of anxiety experienced
- Shift your thoughts -contrary to popular belief, the brain can only focus on one thing at a time; so, shift to a more positive thought and try not to go down the rabbit hole of rumination



## Strategies to Overcoming Anxiety cont'd

- Gratitude- live from a perspective of gratitude - is your perspective from the lens of glass half full or half empty?

Focus on the half full and things you are grateful for,  
no matter how small



## Strategies to Overcoming Anxiety cont'd

- Scriptures- meditate/memorize/verbalize on your favorite scriptures which speak to your current situation
- Social and news media fast- try not to compare yourself to others
- Exercise/Mindfulness- get out and take a walk, pay attention to what you see/hear/smell

# What Does the Bible Say About Overcoming



The Bible gives clear directions for overcoming anxiety:  
**Rejoice** (Phil. 4:4); **Be Considerate** (Phil 4:3); **Pray** (Phil.4:6);  
**Think on the Positive** (Phil 4:8); **Take Action** (Phil. 4:9).

“Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.” (Phil. 4:6,7)

“Come unto me all ye who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am weak and lowly in heart and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28-30)

We must keep putting into practice all we have learned, heard and seen and the peace of God will be with us. The Christian's job is to do what the Bible teaches and not hear only.

# Barriers to Therapy/ Use of Strategies

Financial

Shortage of mental health personnel

Transportation

Lack of connection with therapist

Fears of awkwardness/unfamiliarity

“I don’t need any treatment”

Therapist does not understand me (culture)

Stigma of therapy

Inability to tolerate emotional pain

Strategy will not work

Lack of Support

Long wait list

Medication concern

Concern about confidentiality

Expectations of “Quick Fix”

Schedule/time commitment

“I can handle this on my own”

# Conclusion

- Anxiety warns people of danger and motivates them to take action. When it creates panic or immobilization, the anxiety is harmful. When it challenges us to deal more effectively with the challenges of life, it can be helpful.
- If we give God first priority in our lives, we can be sure our needs will be met and there will be no need to worry. We can overcome anxiety through patience, effort and intentionality in working through the skills and strategies. Remember to seek help through counseling.



# QUESTIONS



# RESOURCE LIST

## 1.) FREE CALMING APPS

- ❖ [www.top10deals.today.com/FreeCalmingApps/FreeCalmingApps](http://www.top10deals.today.com/FreeCalmingApps/FreeCalmingApps)
- ❖ [www.apposee.com/download/Calm](http://www.apposee.com/download/Calm)

## 2.) ANXIETY SUPPORT

- ❖ [www.everydayhealth.com/anxiety/guide/resources](http://www.everydayhealth.com/anxiety/guide/resources)
- ❖ [adaa.org/find-help/support/support-groups](http://adaa.org/find-help/support/support-groups)
- ❖ Maryland Mental Health Support: [211md.org/resources/mental-health](http://211md.org/resources/mental-health)

# RESOURCE LIST cont'd

## 3.) ANXIETY FOR TEENS/YOUTH

- ❖ [Positivepsychology.com/anxiety-worksheets](https://positivepsychology.com/anxiety-worksheets)
- ❖ [www.standtogether.org](https://www.standtogether.org)

## 4.) ONLINE ANXIETY TREATMENT

- ❖ [www.brightside.com/anxiety/help](https://www.brightside.com/anxiety/help)
- ❖ [www.top10.com/therapy/fromhome](https://www.top10.com/therapy/fromhome)
- ❖ [www.betterhelp.com](https://www.betterhelp.com)

# Scripture References

## **Matthew 11:28-30**

“Come unto me all ye who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”

## **Philippians 4:2-9**

4:2 – Rejoice

4:3 – Be Considerate

4:6 – Pray

4:8 – Think on the Positive

4:9 – Take Action

# PRESENTERS

- Grace D. Clark, PhD
- Jennifer Silver, LCPC
- Sheraz Taylor, TGM Member

