

Overcoming Stress and Anxiety

with Dr. Archibald Hart

1.) What did Jesus say about Anxiety?

John 6:25,33: "The Sermon on the Mount"

Philippians 4:6-7:

- Why do Christians struggle with Anxiety?
Because all humans experience anxiety.
- Christians suffer because they misunderstand anxiety.
- Scripture talks about one form of anxiety.

2.) Stress is a 'Warning System' that God has built into us.

- Depressed people often suffer from anxiety problems.
- Anxiety can be a normal response to stress and fear.
- Too much stress can disturb the chemistry of the brain.
- Anxiety needs the right diagnosis:

(See a healthcare or mental health professional when necessary)

- Over 35 million people Americans are affected by anxiety!

3.) **The Most Common forms of Anxiety:**

a.) Worry Anxiety: Most common form of anxiety referred to most often in scripture.

-When Jesus says, "Don't worry..."

-This worry is something we create in our minds.

Scripture Antidote: Prayer and Supplication, with Thanksgiving....
Tell God what's 'worrying you'.

b.) Fear Anxiety: Fear and worry are different.

-Worry concerns our imagination.

-Worry can be unnecessary and damaging.

c.) Panic Anxiety Attacks:

-#1 emotional problem for women.

-Primary cause of panic anxiety = Stress

d.) Phobias: Fears that have gone to the extreme.

(Need to get specialized treatment from a healthcare or mental health professional.)

e.) Generalized Anxiety: Vague and chronic; possibly biological.

f.) Separation Anxiety: Comes from an insecure, traumatic childhood.

4.) **Worry Anxiety:**

-Most common form

Matthew 6

-Worry is like a Smoke Alarm.

5.) **The Four 'E's to How to Deal with Worry:**

- a.) Externalize it: Talk about it or write it down...
- b.) Explore it: What is the danger?
- c.) Embrace it: Convert worry to concern: What can I do about it? If nothing, leave it with God!

-Concern is healthy and appropriate
- d.) Exterminate it: Either less than 3 minutes or more than 15 minutes – To get rid of the worry.

6.) **Biological Forms of Anxiety:**

- 1.) Panic Anxiety Disorder
-You have to take control of yourself!

-Stress plays havoc with our brain chemistry.
- 2.) Medical Conditions that can cause Anxiety:
-Illnesses

-Medications

-Mitral Valve Prolapse (MVP)

-Over-active Thyroid: Hyperthyroidism

-Hypoglycemic: Blood Sugar is irregular

-Substances:
 - a.) Alcohol abuse
 - b.) Caffeine
 - c.) Inhalants and asthma medications

7.) How does a Panic Attack Manifest Itself?

Symptoms:

- Fear of impending 'doom'

- Air hunger

- Tight chest (similar to a heart attack)

- Nausea and palpitations

- Feel like you're going crazy, that you're going to die, that your' going to lose control.

- A panic attack often comes and goes in 15 minutes

Treatment:

- a.) Short Term: Medication may include a tranquilizer:
(can be addictive)
- b.) Long Term: Antidepressant is better: not usually
addictive.

(Never take any medication without the consent or prescription of your doctor or mental health counselor)

- c.) Learn to manage your stress better.

8.) Principles to Remember as you Manage Your Stress:

- 1.) You are probably using too much adrenaline.
-Stress should be 'short-lived'

- 2.) You probably have a Type A Personality:
-Always in a hurry, lots of lists, impatient, rules are very
important)

- 3.) Learn a Relaxation Technique:
-Try 'Christian Meditation': Calm yourself down; meditate on Scripture and the Lord.

"The Anxiety Cure" by Dr. Archibald Hart

- 4.) Learn how to get enough sleep.
-Look for quality and quantity

9.) **Ways to Enhance your Brain's Natural Tranquilizers;**

- 1.) Increase your experience of Humor and Laughter: (Be able to laugh at yourself)
-The Bible says it's like a 'medicine'
- 2.) Maintain an optimistic outlook on life: (Optimism maximizes our anti-stress biochemistry – it is an antidote for stress.)
-Turn the News off on your TV more often!
- 3.) Insure that your life has a Purpose.
- 4.) Sleep: Recommended 9 hours
God can heal our minds, bodies and souls!

God Understands!

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