

TAKING CARE OF MY ANXIOUS SELF

GPPC Presbyterian Women Lunch n' Learn:

"Conversation on Anxiety" - March 5, 2023

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1. Greet God at the beginning of each day.
"Good morning, God. This is your day. I am your child. Show me the way."
Embrace this quiet time. We cannot be anxious and peaceful at the same time.
Psalms 46:10. "Be still and know that I am God."
2. Deep Breathing
When anxiety strikes, stop, tell your brain to take some time to breathe deeply and visualize a peaceful scene, experience, memory, or something you are thankful for.....daytime or nighttime.
Yoga, meditation, deep breathing help the body to relax. Lower blood pressure.
"Breathe in God's love and blessings. Breathe out tension and anxiety."
3. Keep blood sugar in check by eating a balanced diet..... regular meals, not skipping meals or loading up on high sugar and junk food causing blood sugar fluctuations which cause anxiety, jitters, irritability. Especially be careful at bedtime.
Consider small meals vs one large one.
4. Avoid stimulants – caffeine, nicotine. Some OTC and Rx meds can aggravate anxiety.
Consider trying to address addictions that may be interfering with balance in your life – food, substances. Peace can come from a sense of balance.
5. Plan to get enough sleep – be intentional. This is a challenge since sleep problems are often woven with anxiety. Avoid late night stimulation. Unwind with a calming book, relaxing music. "Instead of counting sheep, talk to the Shepherd."
6. Exercise regularly. It's your choice of type of exercise, for a short or longer time. Especially outdoors. Whatever you are willing to do, do it!
Exercise enhances your mood, reduces anxiety and stress, helps you sleep, releases tension, increases energy and brain function. It's a winner!! **(con't p. 2)**

7. Do what you enjoy as often as possible.....music, read, garden, help someone, be outside, think of past good memories and future hopes, spend time with friends and family.....personally or virtually. Visit a beautiful spot. Do things for fun. Play games and do puzzles. Read your Bible.

8. I can shift my thinking.
Sometimes anxiety and fear are caused by how much (obsessive) and how negatively we think about a troubling situation. Letting go of these negative thoughts makes room for more positive thinking.
I can remind myself that my todays and tomorrows belong to God.....and those of my loved ones. I can trust God the designer and controller of my life and all things.
“I can do all things in Him who strengthens me.” Phil 4:13

9. Most of us can describe our lives in both positive and negative ways. Take time to write a list of the positives in your life and then a list of the challenges/concerns.
Which list do you spend the majority of your time dwelling on? I can choose where to put my focus.

10. Talk with someone about your concerns.....someone confidential....a friend, pastor, doctor, counselor.
Talk to a professional especially if your anxiety is getting in the way of functioning well in your daily life.....if it's compromising your ability to work competently, parent effectively, take care of yourself, drive, concentrate.....if your anxiety is messing up your health or relationships.

Talk to God throughout the day sharing your joys and concerns.

Remember.....“God, this is your day. I am your child. Show me the way.”