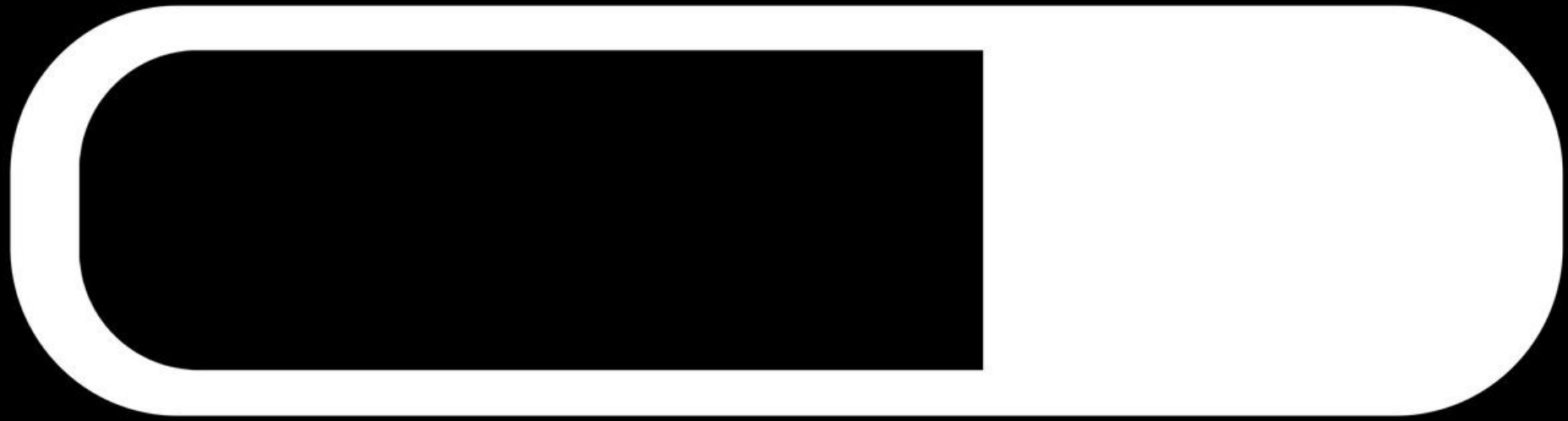


ANXIETY



UNINSTALLING . . .

March 22, 2020

Edward Church

ANXIETY

All Stressed Up
and
No Place to Blow

UNINSTALLING . . .

March 22, 2020

Edward Church

What If?

How Do I?

What If?

Catch the Pandemic?

...there is a Slight Chance

Catch the Pandemonium?

...there is a 100% Chance

**Anxiety is a normal, adaptive system in the body...
that tells us...
...when we are in danger...
...which means that dealing with your anxiety
...never involves eliminating it
...but rather managing it.**

- **Just because you are experiencing anxiety does not mean you are in a dangerous situation.**
- **Just because you think something, does not mean it is accurate.**
- **Thoughts are random and sometimes insignificant.**
- **Often, our minds can run wild creating situations of “what if” that may not have any factual basis at all.**
- **Suddenly our mind is running in the wrong direction, and our body begins to feel anxious.**

Then the “*smoke detector*” in our Brain...

...assesses Levels of Safety or Threat...

...Initiates a Fight, Flight or Freeze Response.

- Fight**
- Flight**
- Freeze**

THE ANXIETY AND PANIC ATTACK SPIRAL



Anxiety/ Panic Attacks

- **Prompt Catastrophic Thinking...**
...most likely Irrational and Out of Proportion to Reality.
- **Symptoms of a panic attack cannot be ignored**
- **Panic attacks can increase with time and prevent us from functioning**
- **To prevent anxiety from increasing and interfering with daily life, grounding exercises are recommended.**
- **These help us manage the symptoms of anxiety.**

Emotional Illusions

A Very Real Threat

- **Detected by Emotions**
- **Cannot Be Detected by...**
 - **Senses**
 - **Others**
 - **You After Crisis Over**

Emotional Illusions

A Very Real Threat

- **Detected by Emotions**
- **Cannot Be Detected by...**

- **Senses**
- **Others**
- **You After Crisis Over**

False Reality

Bypasses Senses

○ **Cure**

• **Reconnect to Senses**

• **Brings Back to Reality**

How It Works

Start with Breathing Exercises

- Breathe In For 5 Seconds
- Hold The Breath for 5 Seconds
- Breathe Out for 5+ Seconds.
- Continue this Pattern Until...

...You Find Your Thoughts Slowing Down.

5-4-3-2-1 Method

to

Reduce Anxiety

Acknowledge 5 THINGS around you can SEE

5

Acknowledge 5 THINGS around you can SEE

5

- Clock on the wall, carpet on the floor, a table or chair, clouds moving past, or a nearby tree.
- Big or small, recognize 5 items you can see with your eyes

Acknowledge 4 THINGS you can TOUCH

4

Acknowledge 4 THINGS you can TOUCH

4

The chair you are sitting on, your legs or hair, or your wallet or purse.
○Recognize 4 items you can feel with your hands or body

Acknowledge 3 THINGS that you can HEAR.

3

Acknowledge 3 THINGS that you can HEAR.

3

- **The sound of people talking or walking, the laughter of children, birds chirping, clocks ticking, cars going by.**
- **Name 3 things that are audible to you**

Acknowledge 2 THINGS that you can SMELL

2

Acknowledge 2 THINGS that you can SMELL

2

- Walk to a bathroom to smell soap, outside to smell something in nature, lean over and smell a pillow on the couch, a pencil on the desk, or check to see how your deodorant is working today.
- Whatever it may be, take in the smells around you.

Acknowledge 1 THING that you can TASTE.

1

Acknowledge 1 THING that you can TASTE.

1

- **It might be the aftertaste of coffee, gum or your last meal.**
- **Take an additional deep breath when done**

**C
O
V
I
D
19**

C -Christ

O -Overpowers

V -Viral

I -Infectious

D -Disease

19 -Joshua 1:9

C -Christ
O -Overpowers
V -Viral
I -Infectious
D -Disease
19 -Joshua 1:9

*Have I not commanded you
Be strong and courageous.*

*Do not be afraid; do not
be discouraged, for the
Lord your God will be
with you wherever you go.*

JOSHUA 1:9



*Have I not commanded you
Be strong and courageous.*

*Do not be afraid; do not
be discouraged, for the
Lord your God will be
with you wherever you go.*

JOSHUA 1:9

