



# Anxiety

## Becoming a Non-Anxious Person In a World of Hurry and Hurt

### Lesson 1

- Understanding Anxiety

### Lesson 2

- Ancient Wisdom About Anxiety

### Lesson 3

- Changing Our Thinking Patterns

### Lesson 4

- Learn To Reduce Your Stress

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# **Anxiety: Becoming a Non-Anxious Person**

## **Lesson 1: Understanding Anxiety**

### **OUTLINE**

#### **How big is the problem**

- The sheer numbers
  - 40 million a year ... at least
  - 25% in their life
  - 28% of teenagers
- Some implications
  - Economic
  - Academic and job performance
  - But, far more important, it's not the life for which we were created

#### **What is anxiety?**

- The normal, occasional kind
- The persistent and generalized kind
  - Physiological symptoms
  - Mental symptoms
  - Emotional symptoms
- The specialized kind

#### **What is causing all this anxiety?** In a word... STRESS

- The neurological impact of stress
  - Cortisol drip
  - Absence of “happy messengers”



- External sources of stress
  - Upcoming events
  - Toxic emotional environments
  - Pace of life
  - Major changes
- Internal sources of stress
  - Wrong beliefs about life and identity/security
  - Fears about the future
  - Scarcity mentality
  - Deeply unhelpful patterns of thought

SUMMARY: Underneath anxiety is fear of the future based on a belief of “not enough”



# Anxiety: Becoming a Non-Anxious Person

## Lesson 1: Understanding Anxiety

### REFLECTION QUESTIONS

We suggest you listen to the audio lesson 3 times. Listen the first time through, take notes the second, and answer the questions on the third. We encourage you to go through these lessons with one or two others.

1. For at least 3 consecutive days simply pay attention to when you feel anxious. Record the times, the circumstances, the triggers, and the intensity (1-10) of your anxiety.
2. Make a list of the sources of stress in your life. Label them as major or minor, temporary or permanent.
3. Begin the process of naming the fears underneath your anxiety. Go back to the record you are keeping, pick one or two of your most intense moments of anxiety, and think through what the fear is underneath. Try to put it in a sentence or two.
4. This anticipates lessons 2-4, but read slowly through Psalm 23 and personalize it. Imagine this as your experience, especially noticing “abundance” language.

### FURTHER ENRICHMENT

Laura Turner’s blog,  
<https://medium.com/@laurartberg>

*Brain Rules*, by John Medina

*The Anxiety Cure*, by Archibald Hart

Anxiety Symptom Checklist

<http://www.mcelroys.us/thestaffroom/filecabinet/counseling/AnxietySymptomChecklist.pdf>

### SOURCES QUOTED

Archibald Hart, *The Anxiety Cure* (Thomas Nelson, 2001), iv.

Scott Stossel, *My Age of Anxiety* (Vintage, 2015), 3-4.

Sermon Audio by John Ortberg and Laura Turner, at Menlo Church, Sept. 25, 2016, *It’s Ok to Not be Ok*, from the sermon series on Anxiety  
<http://podcast.menlo.church/e/its-ok-to-not-be-ok-anxiety-john-ortberg-laura-turner/>

John Medina, *Brain Rules* (Pear Press, 2014), 66-67.

Lynn Twist, *The Soul of Money* (Norton and Company, 2003), 44.

