



**DON'T WORRY,
BE HAPPY!**

@robwaller www.mindandsoul.info/worry



GOD IS IN
CONTROL



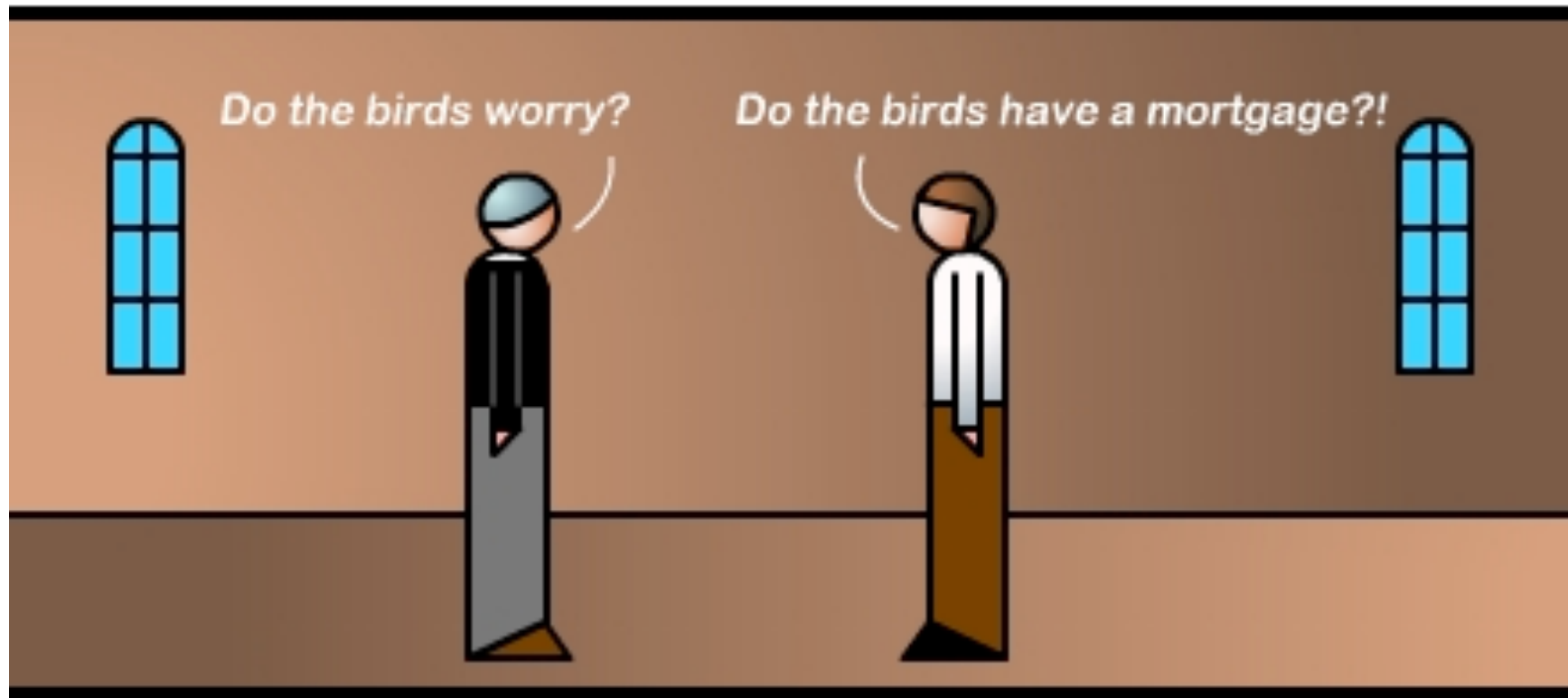


MESSIAH MINTS

SAVE YOUR BREATH

Net Wt .4oz (12g)

The worst advice in the world!



her VALUE Far
above RUBIES
and PEARLS....

~~Don't~~ **Worry is OK,**
You Can Still Be Happy

The Worry Book

Finding a
path to
freedom



Quotes about Worry

- *“One of the hardest verses in the Bible is ‘Do not worry - Matthew 6v25.’” J John*
- *“Worry does not remove tomorrow of it’s sorrows, but today of its joy.” Corrie Ten Boom*
- *“I’ve developed a new philosophy! I only dread one day at a time...” Charlie Brown (Schultz)*



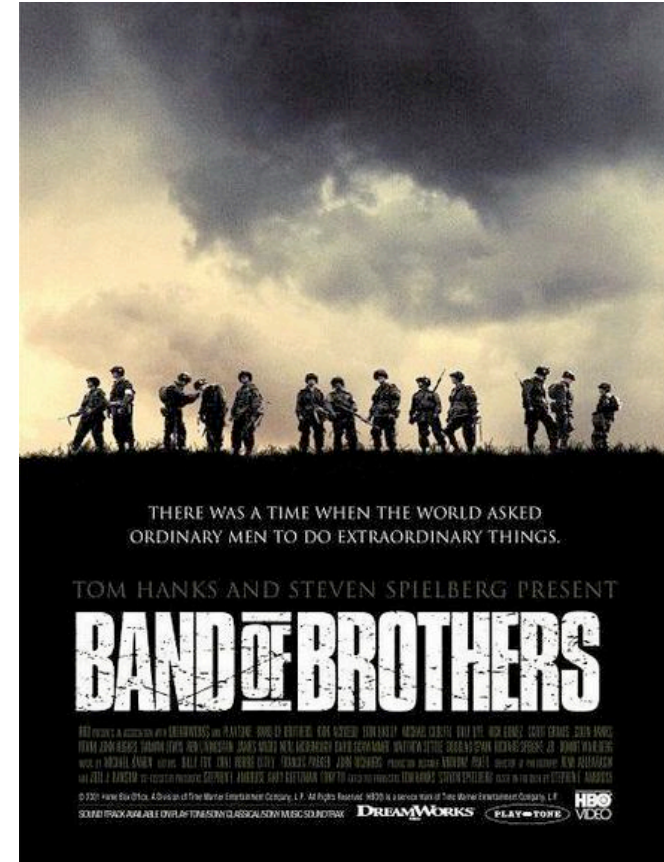
Understanding Worry

The Meerkat Mind!



Why we worry

- Neuroticism
 - O.C.E.A.N – big five
- Family wisdom
 - “Better safe than sorry”
 - What were yours???
- Because we need to at times...
- **Because we think it helps...**



Understanding My Worry

- A bomb has gone off
- After the bomb
- Common Worry Themes
 - Money
 - Relationships
 - Health
 - Faith



A HISTORY OF BRITISH

ECONOMIC WORRY

[click here](#) to see a history of British economic concern

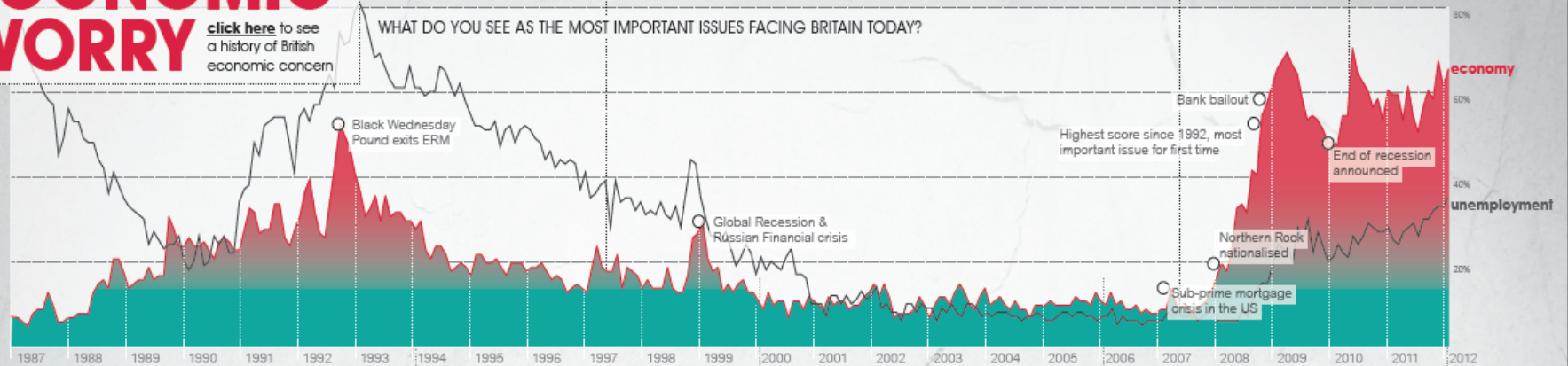
Prime Minister in office

Tony Blair

Gordon Brown

David Cameron

WHAT DO YOU SEE AS THE MOST IMPORTANT ISSUES FACING BRITAIN TODAY?



TOP ISSUE TIMELINE

WHAT ELSE HAVE BRITONS BEEN MOST WORRIED ABOUT?



TOP 5 ISSUES OVER THE YEARS

THE IPSOS MORI ISSUES INDEX

Q: What would you say is the most important issue facing Britain today?

Q: What do you see as other important issues facing Britain today?

BASE: representative sample of c.1,000 British adults age 18+ each month, interviewed face-to-face in home



FEBRUARY 1994

UNEMPLOYMENT

NHS
crime
economy
education



FEBRUARY 2000

NHS

education
Europe
unemployment
crime



FEBRUARY 2006

DEFENCE

NHS
immigration
crime
education



FEBRUARY 2012

ECONOMY

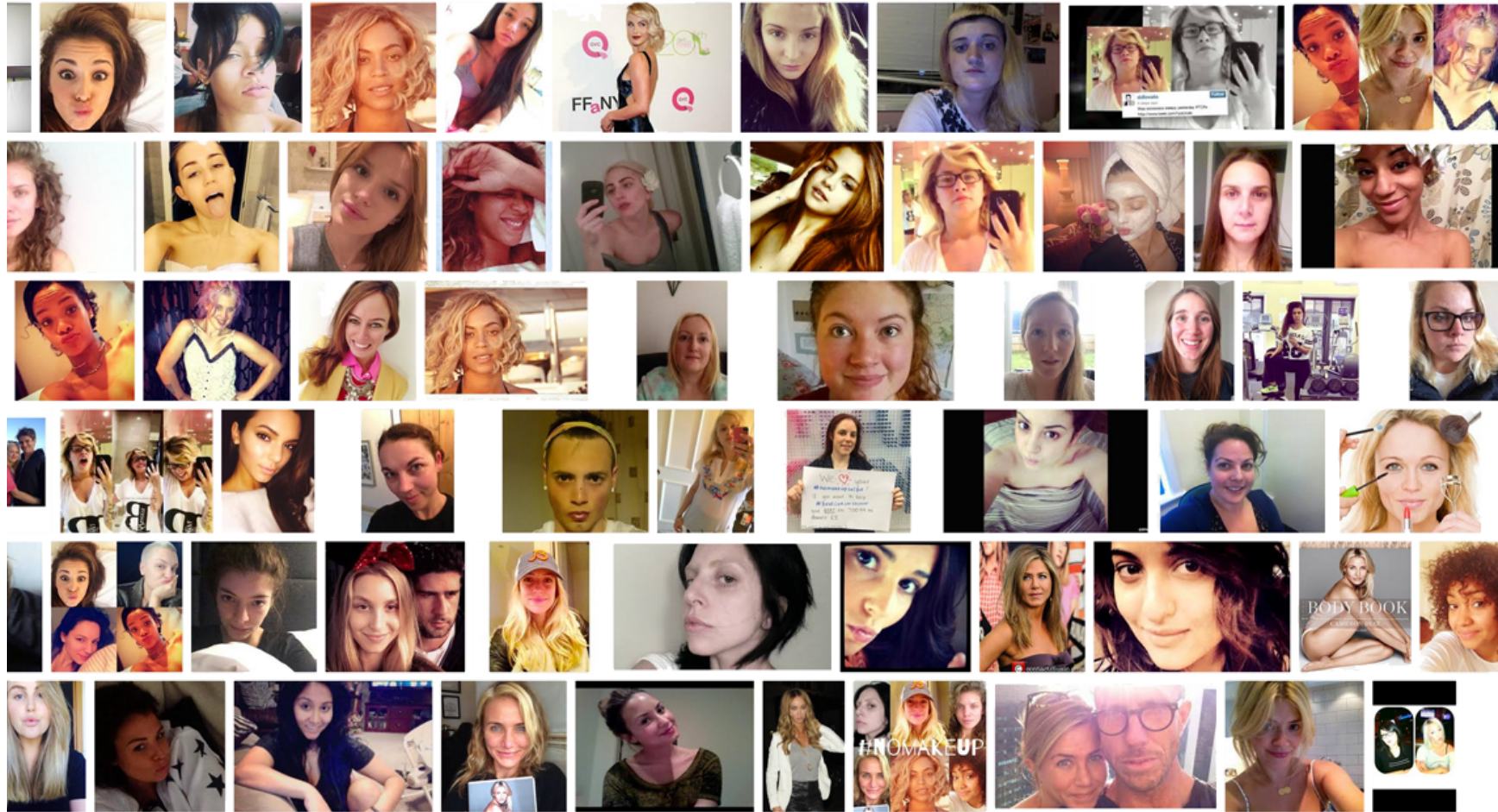
unemployment
immigration
NHS
Crime

Identifying Worry

- In Pairs:
 - What do you tend to worry about?
 - What thoughts go through your head?
 - What actions result?
 - What emotions result?
 - What do you feel in your body?
- 3 minutes each



#nomakeupselfie



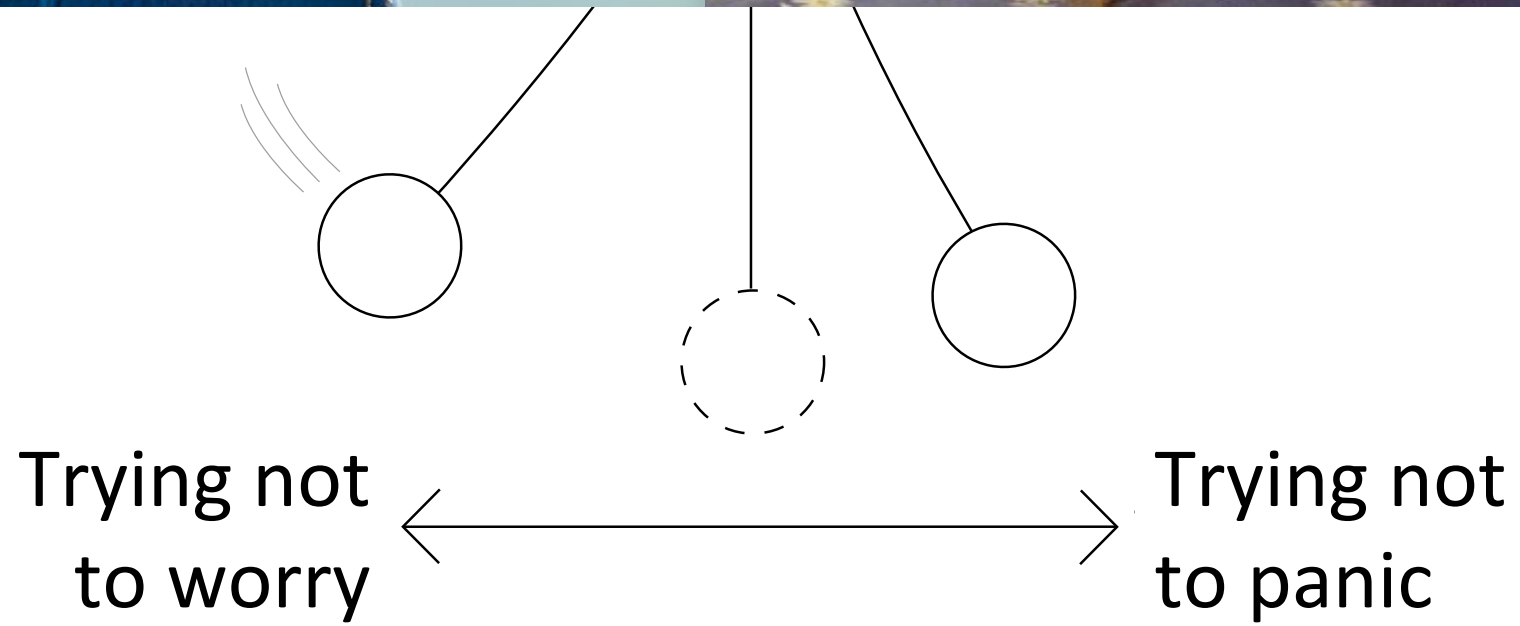
How I deal with my worry...



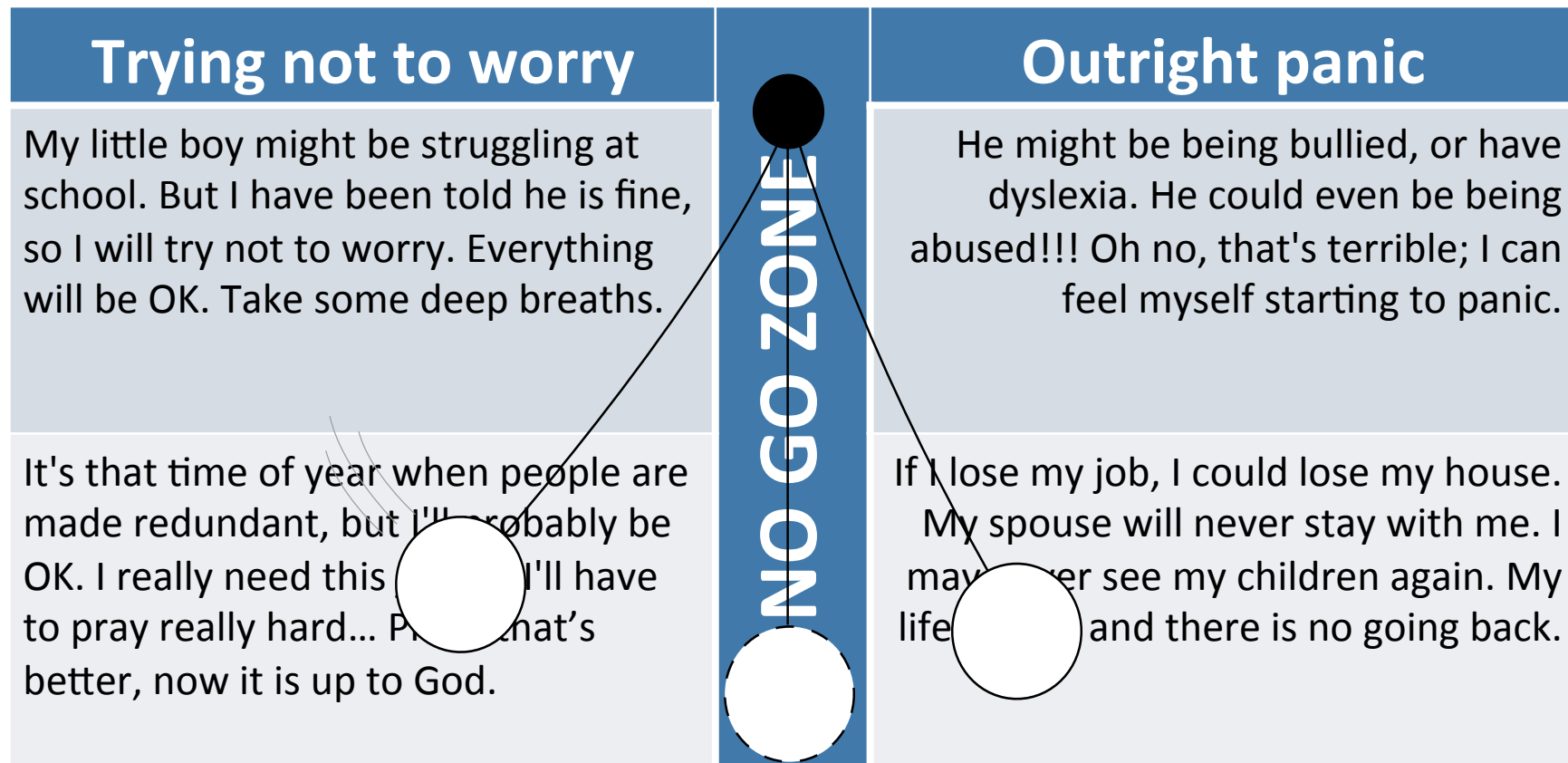
Generalised Anxiety Disorder

- Excessive (out of proportion) worry that the person finds it difficult to control
- Not confined to a particular problem – more of a tendency to worry
- Accompanied by three or more of these symptoms:
 - restlessness, fatigue, difficulty concentrating, irritability, muscular tension and sleep disturbance
- Causes “significant” distress, meaning you can no longer do things you did before
- Treatment: Cognitive Behavioural Therapy, Antidepressants

Dissecting Worry



The Worry Pendulum



Trying not to worry ← → Trying not to panic

Thought suppression does not work..



Worry Fuel

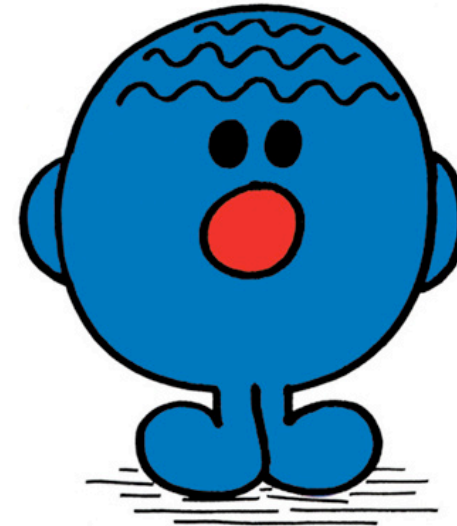
- Core Worry Rules
 - Shoulds, Musts, Oughts
 - Always/Nevers
 - Things never work out for me / always go wrong
 - If/Then
 - If I have lots of friends then I will feel good
- Golden Worry Rules
 - Worry helps
 - Problem-solving
 - Motivation
 - Me be nice
 - Worrying prevents
 - Things going wrong
 - Me feeling too bad

Worry about Worry

- If I worry too much...
 - ...it will get out of control?
 - ...I will be unable to think
 - ...I will be condemned to a life of anxiety
 - ...I am weak / others will think of me as weak
 - ...it means I lack confidence
- Predicts Severity of Worry

MR. WORRY

By Roger Hargreaves



Worry and Faith

THE SIN OF WORRY



MATTHEW 6

Peter Anderson, Destiny Church Edinburgh

- The Worry Book is in effect a practical commentary on the greatest advice ever given on worry – Jesus' statement:
- 'Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own'



Matthew 6v25-34

Therefore I tell you, do not worry about your life...

What you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you..,

O you of little faith?

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Keep on thinking!

Not life threatening

Grow in Faith

Don't Run

Trust God

Which type of worry?

Managing Worry

Two types of Worry

- TODAY
 - Solvable Worry
 - Solution now or in the near future
 - We need to stop worrying and start DOING something
 - Problem solving skills will help
- TOMORROW
 - Floating Worry
 - No real solution, or far in the future
 - There is nothing that can be DONE
 - What If's
 - **We need to stop worrying and...**

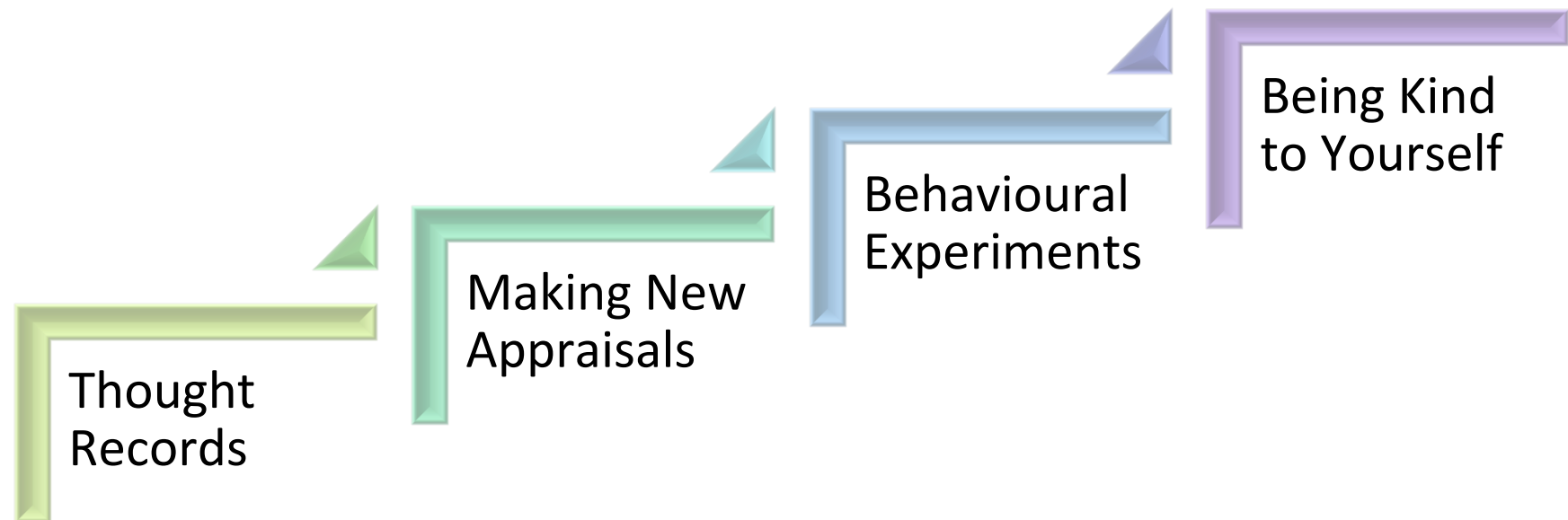
What types of worries are these?

- Do I have enough petrol in the car to make that journey?
- If I were to move to London, would I make any friends?
- Am I doing enough regular exercise?
- Have I committed an unforgivable sin?
- Do I need to read my essay through again?
- Does Sally really like me or not?
- Can I pay my gas bill this month?



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Building Approaches



Doing Experiments

Rory got on the London train and sat down opposite a small man in a suit. As they left the station, the small man began tearing his newspaper into tiny pieces and throwing it out of the window. Rory pretended it wasn't happening but after a while felt compelled to ask, "What on earth are you doing?" The small man replied, "It's very simple. I am keeping elephants off the track." "But there aren't any elephants on the track!" exclaimed Rory.

The small man smiled, "It must be working then..."



A word of Compassion

- Your worry moulds your responsibility, but maybe not your fault
- It grew up over time and will take time to unwind
- Watch out for core worry rules
 - I ought not to have...
 - I will never get better...
 - It must be healed now...



The journey out of worry



- Plan your route
 - Timescale, Time commitment
- Keep an eye on the terrain
 - Solve the solvable problems
- Beware of overheating
 - Learn ways to cool down
- Keep an eye on the dashboard
 - Keep healthy, eat well
- Driving Companions
 - Coaches and fans
- Are we nearly there yet, dad?
 - Be patient!

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Faith and Certainty

- The Unforgivable Sin
 - Mt 12v31, Mk 3v29
- Theology:
 - for leaders, about Satan, wilful
- Psychology:
 - blasphemes or 'feels as if has...', super-safe = almost certainly not!
- Certainty as impossible
 - Christian FAITH is not obvious...
- Certainty as unwise
 - "...not seen and yet have believed" Jn 20v29
- Certainty as unhelpful
 - Searching for it increases doubt!