

Overcoming

problem worry and reducing anxiety

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Mind & Soul

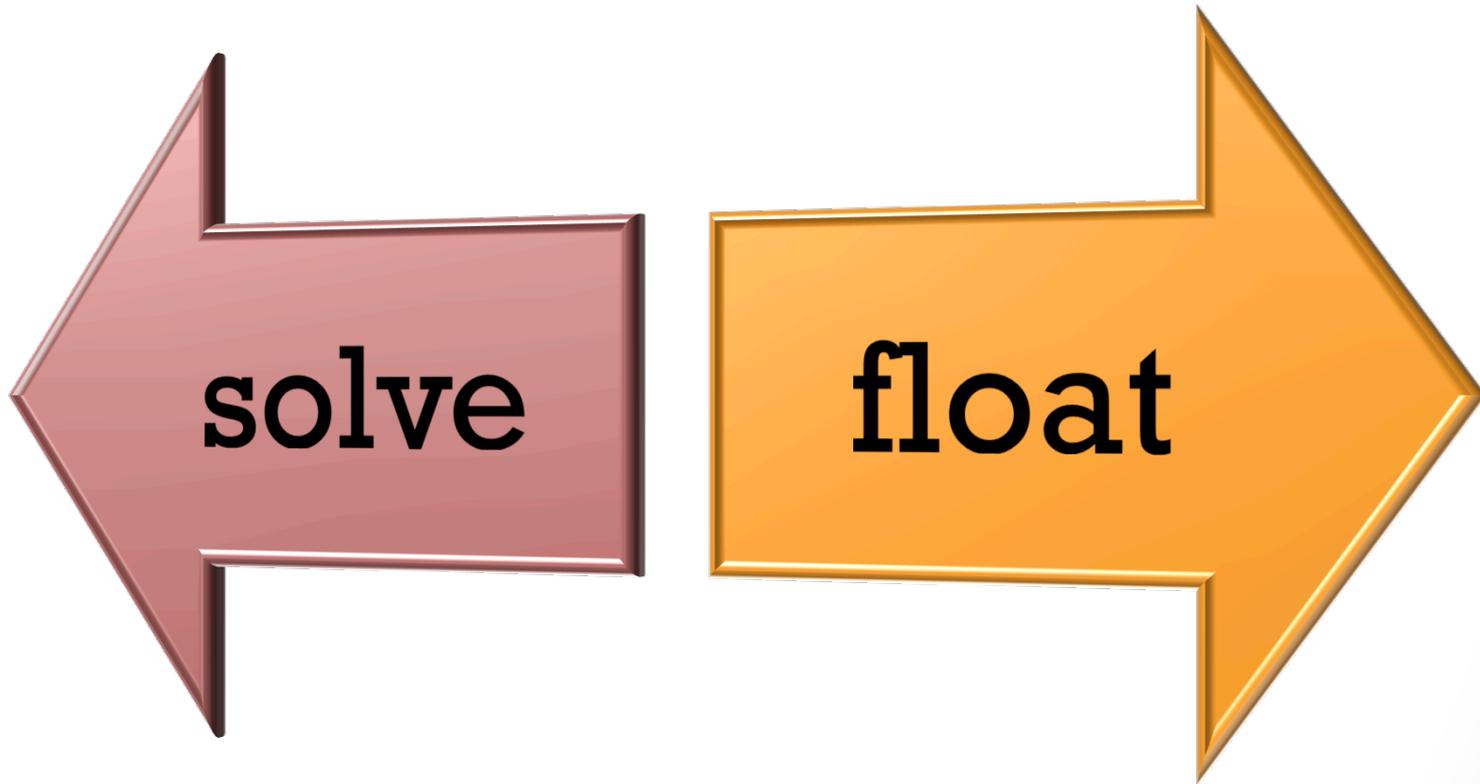
EXPLORING CHRISTIANITY AND MENTAL HEALTH

A Premier Lifeline Resource

Thought Dominance



2 Types of Worry



Solvable Worry

A worry with constructive outcomes

- result from concrete problems
- are present time orientated or time limited
- can be measured by finite outcomes
- respond to problem solving techniques

Underpinning Foundation

confidence, assurance, rational/cognitive, processor



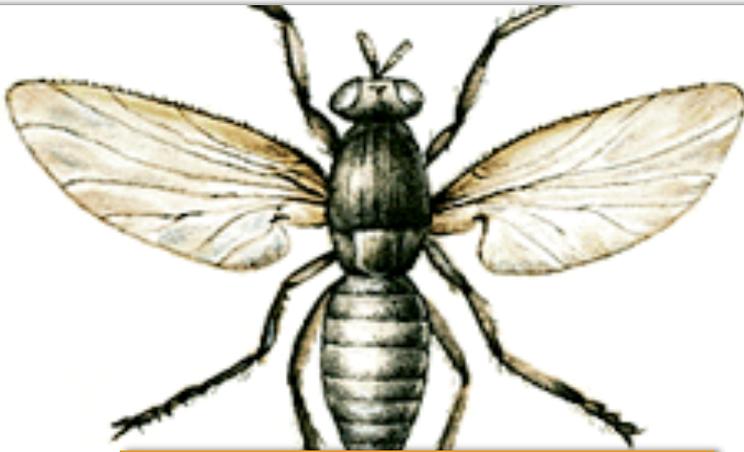
Floating Worry

A worry with destructive outcomes

- result from un-definable anxieties
- are not time limited
- have no measurable goals or outcomes
- do not respond to problem solving

Underpinning Foundation

low self esteem, anxiety, intuitive, feeler, sensitive



Nats



Ants

Dealing with uncertainty

- Denial
- Intolerance
- Acceptance

Overestimating Threats

Reducing the limbic response

F

• **False**

E

• **Evidence**

A

• **Appearing**

R

• **Real**

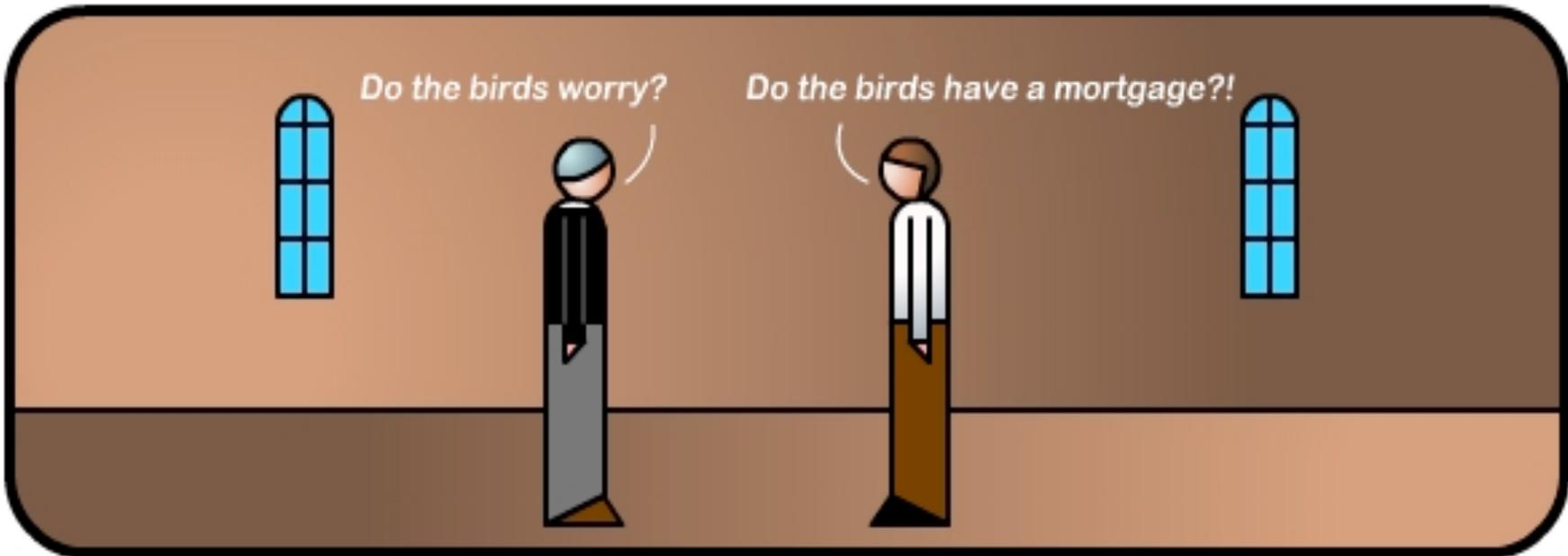
3 treatment approaches

CBT: Cognitive Behavioral Therapy



Faith and Fear

Matthew 6:26



Living out 'the Word.'

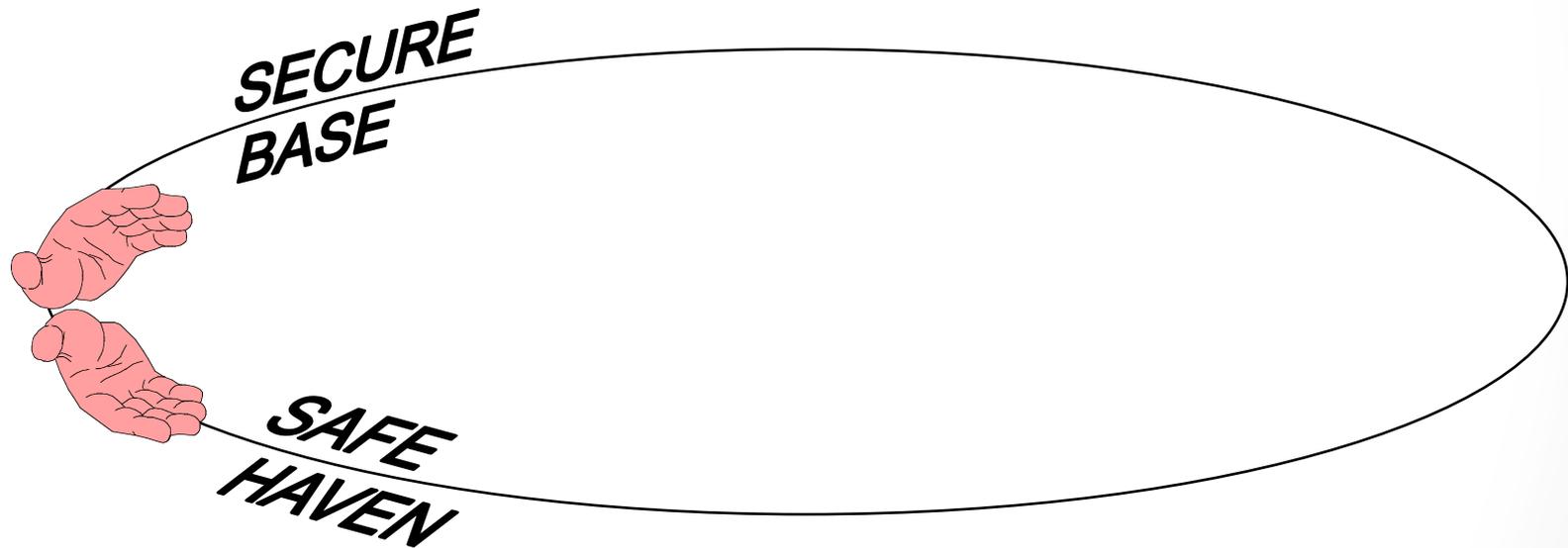
“Look at the birds of the air; they do not sow or reap or store away in barns...”

Jesus Model

Getting the faith response right

- Jesus teaching on worry is the most liberating and helpful (see Mat 6)
- Jesus did not respond to 'Should, Must, Ought'
- Jesus demonstrates 'complete spectrum emotion'
- Jesus looked after his emotional, physical and relational needs
- Jesus exhibits a perfectly attached and secure relationship with God
- Jesus dealt lived in the present

The importance of security in overcoming worry



Cooper, Hoffman & Powell

Where to find more information

www.mindandsoul.info

Online Resources

CBT Books

GP Advice

Mind and Soul

The Worry Book

Prayer Ministry

