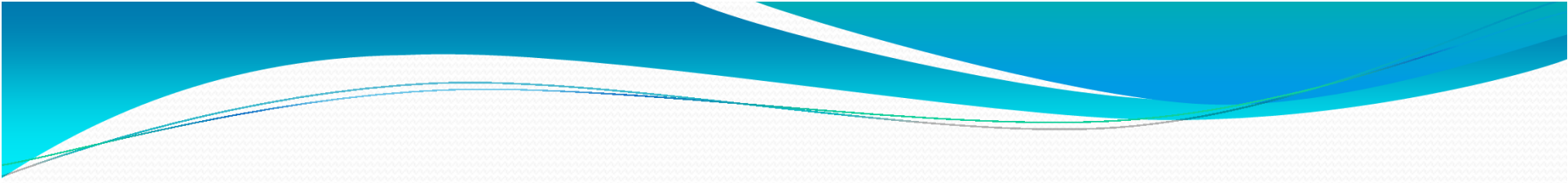


Anxiety

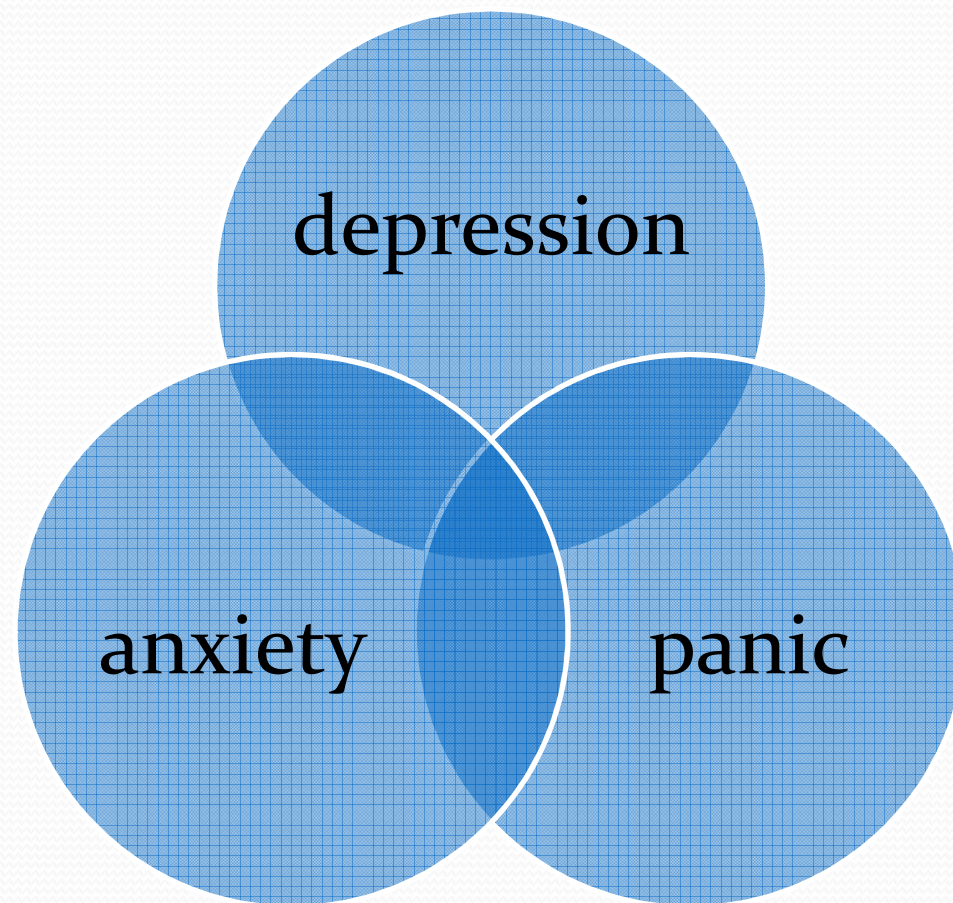
St Mary's & Arch Angel Michael
Church

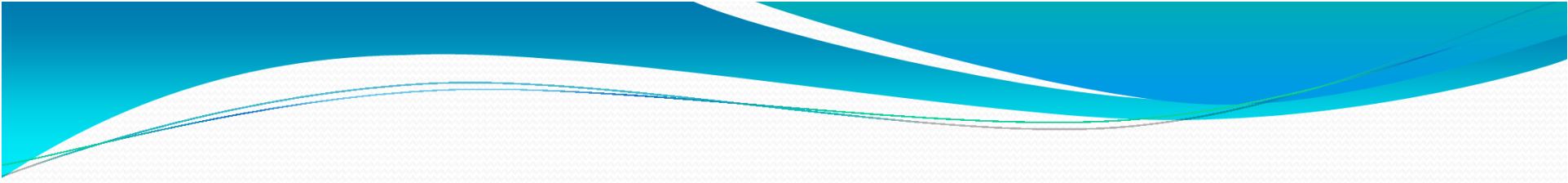
Servant's meeting, Houston 08/2014



OCD video

<https://www.youtube.com/watch?v=mfZp4e3iouo>



- 
- *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
(Philippians 4:6-7).*



Why are we talking about anxiety

- It is as common as depression.
- It erases your faith.
- The more anxious you are the further away you are from God.
- Our Goal is to have an idea about various anxiety disorders so we can develop a baseline of work to help kids when they have it.
- Of MOST psychiatric disorders anxiety and personality disorders can be treated mostly by counseling .



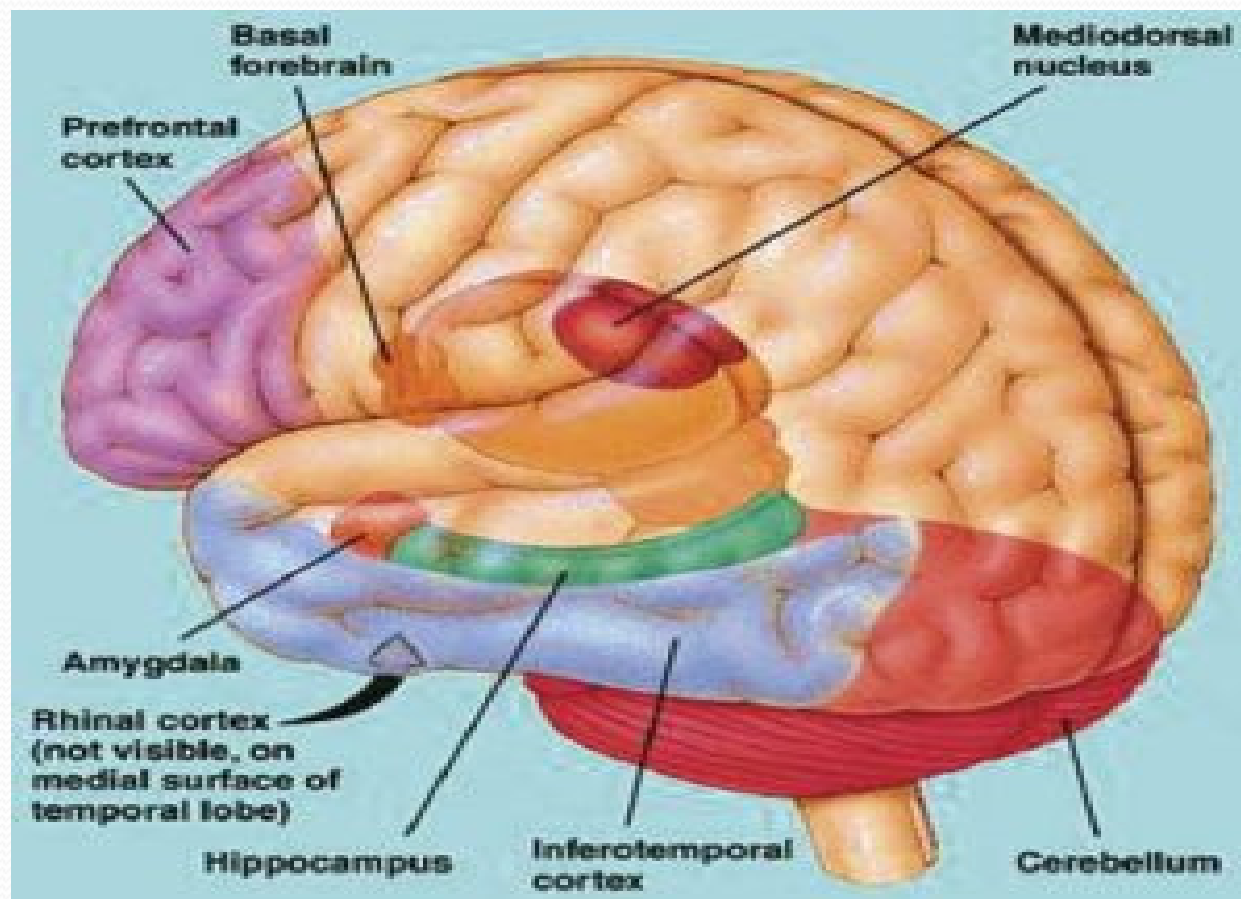
Christian counseling

- Started with our Lord.
- He was supportive to the Samaritan woman and tax collectors.
- He accepted the sinner woman without judging her.
- He challenged (Paradox) the Canaanite woman.
- We sometimes need to go through **major tribulations** in order for our view of people in tribulations to change!!!!
i.e. : we become more accepting.



What is anxiety

- It is a state of fear.
- Fear of what ?
- Sometimes it is known and sometimes unknown.
- Fear itself is a normal protective emotion.
- Childhood fear of losing parents.
- Theory of patient stuck in that stage of development.





Why should we classify anxiety

- Mainly to be specific in knowing the problem.
- It is **only** possible to treat when we target the problem
- The reason that we pursue this is our love to our children.
- We want to strengthen their relationship with God through us.
- As we will see anxiety is so dangerous that it erases our faith.



Anxiety is like any other illness

- It starts mild and gets worse with time like cancer.
- It consumes your mind and energy.
- It enslaves you exactly like the sin.
- It captures you, ties you down that your actions are dictated by it.
- Today we will work on how to free victims from it.
- Those poor anxious patients have death wishes but can't get it !!!



normal anxiety

- It happens to everyone.
- It is related to day to day life situations.
- It is a spectrum from very mild to dangerous and harmful.
- Can't be explained by chemical changes in the brain.
- We will encounter a lot with the kids, they need to get reasoning.
- If we ignore it , they will pick on it, and if we brush it off they might loose their trust in us.

There is essential anxiety = Adjustment disorder with anxiety.

- It can be due to physical reasons (spread of illnesses)
- Very high prevalence in people with heart disease, cancer and chronic illnesses.
- Or social reasons like conflicts, worrying about reputation...
- Financial reasons.
- Work reasons.
- So on



This can be a spectrum.

- It can be mild that you are able to reason out of it.
- For some cases it is so severe that the person is blocking it in what we call denial, e.g. “09/11/2001”.
- It can be to the point that the person is not accepting it = advanced denial “diabetic, kidney failure or cancer patient not going to treatment”.
- Denial is the shield that patient is using to protect him/her self, do not break it unless it is affecting person’s treatment.
- Most cases can get help with spiritual support.



pathological anxiety

The most common of all

- Is called generalized anxiety disorder. GAD.
- We need some criteria to diagnose.
- Patient is anxious in general with everything.
- It results in difficulty with sleep → always tired.
- Problem with focusing.
- Physical symptoms palpitation, chest tightness, skin rash.



Unfortunately

- Medications don't help a lot in the treatment 30% if patient is lucky , therapy helps better.
- Very rare to result in suicide but indeed results in a difficult life.
- Generalized anxiety is due to chemicals of the brain are off balance (decreased serotonin and GABA).
- Therapy was shown to increase these as well.



Other anxiety disorders.

- Phobias. Fear of something. 154 and add to it.
- Obsessive compulsive disorder.
- Panic disorder.
- Post traumatic stress disorder.

These disorder although more dramatic you can very easily pin point on the trigger , basically you can identify the problem.

- But treatment is still difficult.



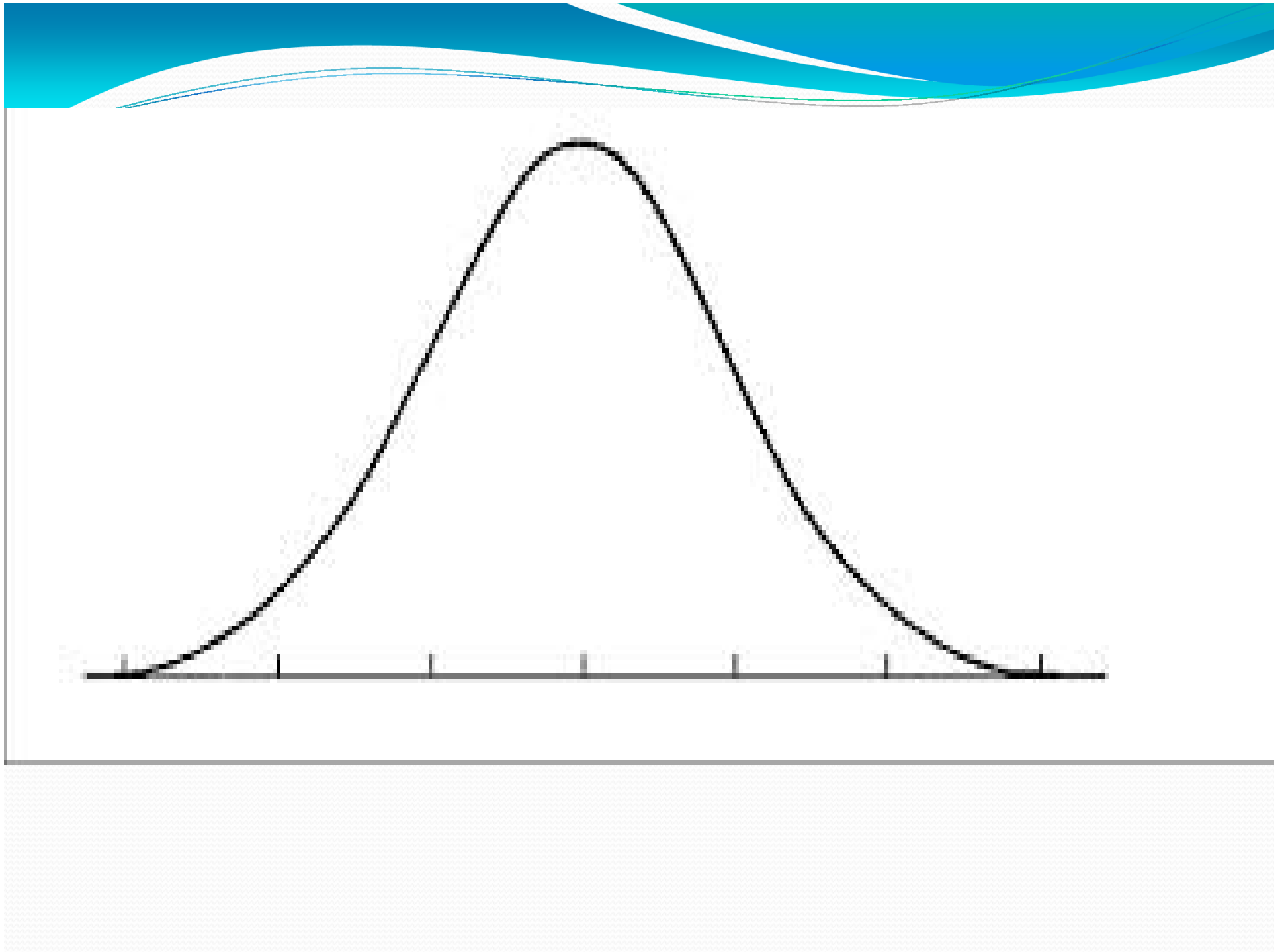
Quick overview.

- OCD: obsessions about something that doesn't make sense to patient or to others and compulsions to proceed with behaviors that are affecting the person's life significantly.
- Patient will try to avoid doing the compulsions but can't.
- Patient is very embarrassed and feels awful about it.
- Please don't make him/her feel worse.



Panic attacks

- A terrible feeling.
- Patient suffer from 54 different physical symptoms.
- 35% of patients with emergency heart catheter are diagnosed with it.
- Patient sometimes get 1 panic attack years ago but alarmed with it for life, walks around with abortive meds for life.
- Patient feels that they are dying.



Psychological symptoms of panic attacks.

- No obvious reason (otherwise phobia or GAD).
- Feeling of impending doom.
- Loss of control.
- About to die.
- Patient feels no escape “ entrapped”.
- Patient says “it seems that it lasted forever, but was about 8 minutes”.
- Patient learn to hyperventilate in a paper bag to keep CO₂ levels in blood high so they don't get dizzy.



Post traumatic stress disorder

- Happens after major trauma eg: car accident. Some people develop it after seeing major trauma like war, burn of a family member or Passion of Christ movie.
- Characterized by night mares , day dreams, cues, avoiding situations where it happened eg: highways.
- Similar illness but happens right after trauma is called acute stress disorder from 1-6 months.
- Both have what we call hyper vigilance = heart palpitation and increase sensitivity to surrounding.



What can we do as servants!

- 1st: we shouldn't panic in front of our children as they rely on us for emotional stability.
 - And they pick on our anxiety.
- 2nd: if a child is anxious we need to investigate the reason.
- Reason and DRIVE that is behind the emotion is everything.
- The child might have legitimate reason like dad traveling, or mom is sick.



Our usual response: everything will be okay!

- In the child's mind "how does he/she know that? "
- It might be better to lean on the verse "be anxious for nothing"
- Proceed with the fruits of the spirit including peace.
- When a trust relationship is developed you can proceed with supportive interventions like :
- If you really want to use my technique you can do the following....







You can try meditation

- Relaxation technique that is done mostly by therapist.
- It is very close to spiritual meditation but more lead by you.
- You imagine a relaxation scene then you go by all the muscles of the body contract and relax it.
- It must take at least 30 minutes and they are also sold as CDs .





The anxious person

- Have feelings, actions, reactions, physical symptoms and surroundings all mixed up in a cocktail.
- They can't really place each in a separate section.
- One of the treatment techniques is to organize them for the person.
- Always ask how did you feel, and stop every urge you have to comment on it.



CBT

(Cognitive behavioral therapy)

- Find the trigger and work with patient on challenging it.
- Talk about the feelings.
- The actions versus reactions.
- What are the expectations.
- What do you do that you like to do different.
- As you see in the treatment plans nothing to change others but the person him/herself.
- Sometimes alternative behaviors (like in DBT).



As you leading a discussion like this always return to the bible

- And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. Roman 8:28
- Our view of it might be good or bad.
- If we keep getting anxious this means that we don't trust Him that he carved us on his hand and Him saying whomever touches you touches my pupil.
- Anything that makes us anxious is like a magnet pulling us away from God.
- When we lay our lives in his Hands we can't get anxious.



You can also try

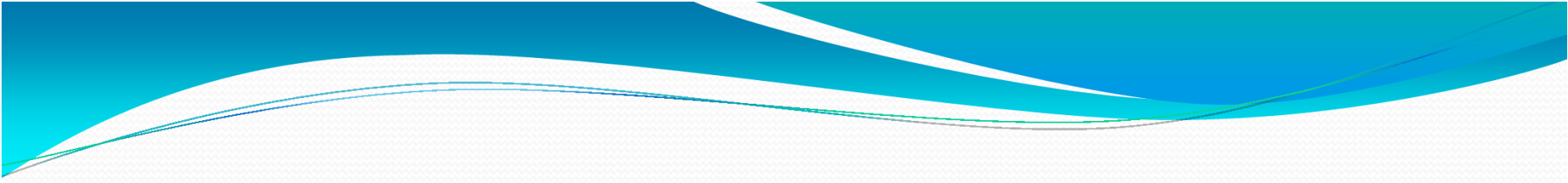
To build a trust relationship between the individual and God.

Focus on Jesus saying:

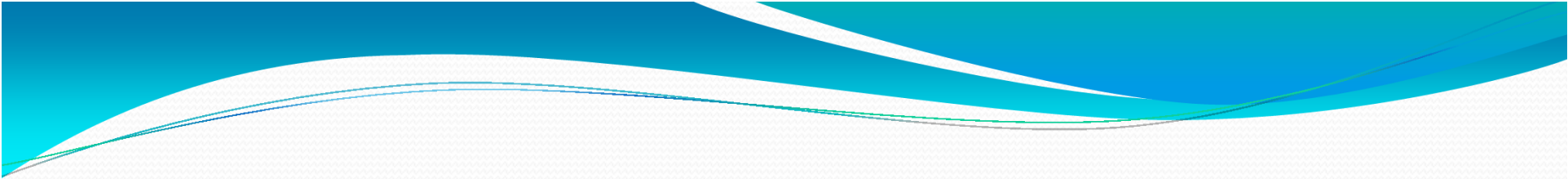
If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent? Luke 11:11

This will help a lot with anxiety as it is reassuring that God is in charge of our lives.

If we let Him in charge then where is the worry?



Questions ?



Glory be to God