



Overcoming Anxiety:  
Finding Peace in an  
Anxious World

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February 8, 2024

# Causes of Anxiety

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- Threat
- Fear
- Unmet Needs
- Conflict

# Causes of Anxiety

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## 1) Threat: *To lose or be separated from something/someone*

- Child attending school or daycare for the first time
- Moving or going away from home to attend school
- Divorce/Conflict/Separation between parents
- Illness or death of a loved one

# Causes of Anxiety

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## 2) Fear

- Failure
- Future
- Rejection
- Confrontation
- Judgement by others
- Getting hurt by others
- Disappointing others  
(Not being good enough or meeting an expectation of others)

# Causes of Anxiety

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## 3) Unmet Needs

- Physiological (water, food, sleep, clothes, air)
- Safety (security and stability of your health, family, resources, property)
- Sense of Belonging (relationships, connections, acceptance by others)
- Esteem (level of confidence, respect self-esteem)
- Self-actualization (Reaching One's Potential)

# Causes of Anxiety

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## 4) **Conflict** – *Faced with two or more pressures at the same time*

- You want or are tempted to do something, but at the same time you also don't want to do it or know it's wrong  
(e.g. lying, cheating on a test)
- You have two goals but can only accomplish one  
(e.g. trying to be at two different places at the same time)
- Having to hear yes and no from two people you love and making a choice  
(e.g. one parent says you should become a doctor, and the other says no you should be a teacher)
- Multiple expectations put on you that comes with immediacy  
(e.g. your boss has a deadline for a project and does not compromise, but you also have another project that is equally important and nearing a deadline)

# Reactions to Anxiety

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- ❖ **Physiological Concerns**  
(poor health, rashes, headaches, backaches)
- ❖ **Psychological Concerns**  
(interference with how you think , reason and process)
- ❖ **Reacting in a Defensive Manner**  
(blaming others, complaining, justifying)
- ❖ **Decline in Spirituality**  
(overcome by guilt, avoidance of Church and God)

# Response to Anxiety

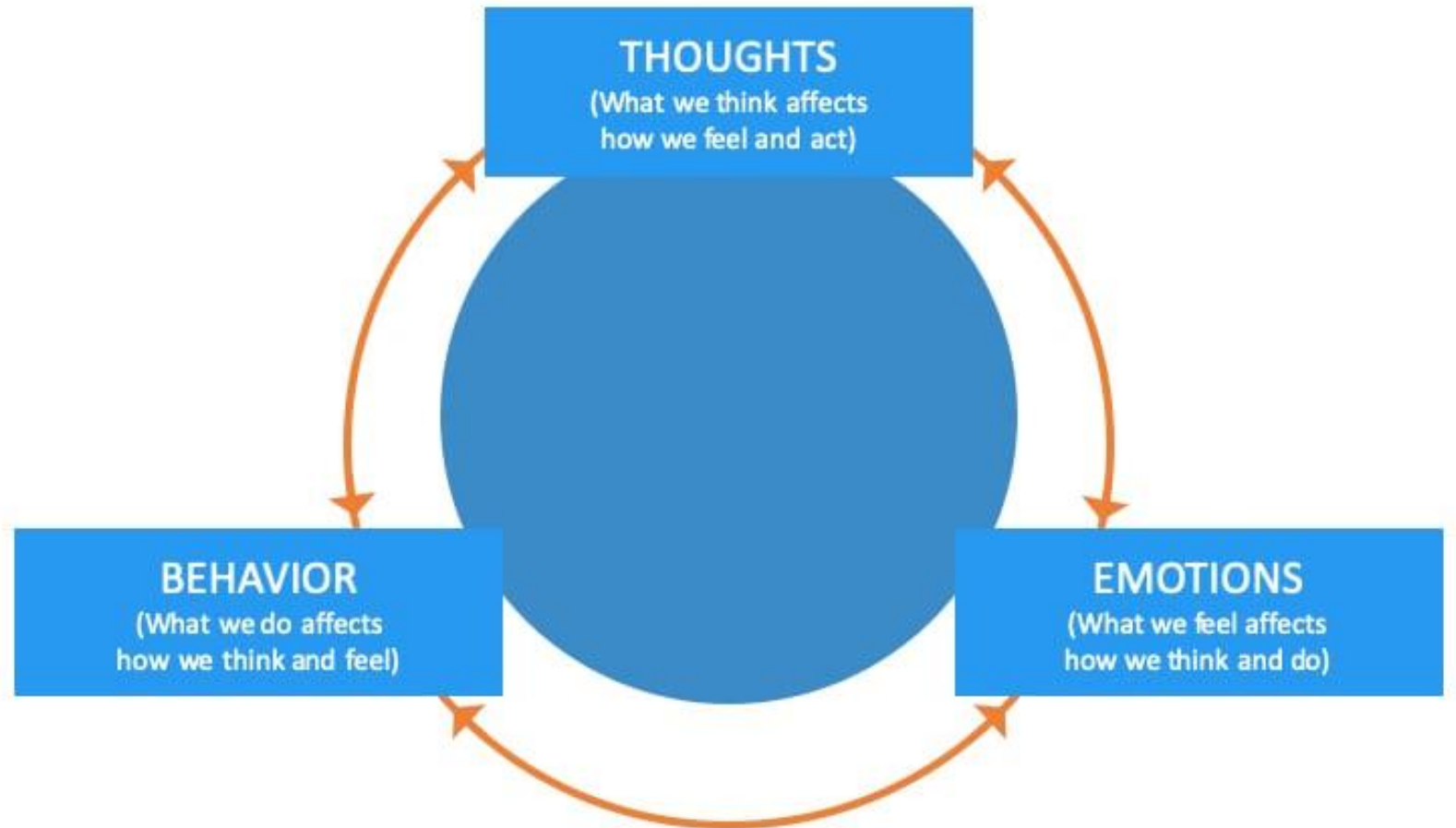
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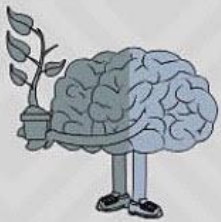
- Identify the Causes (cannot treat symptoms only, need to observe, reflect and identify the root causes)
- Extend Support or Seek Counsel (try not to be authoritative or dominant in giving advice, but guide yourself and others by taking a supportive role with patience)
- Demonstrate Love (presence, acknowledge struggle,
- Encourage Action (the ability to move forward despite fears, cannot be idle)



# Awareness of our Thoughts, Emotions & Behavior

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## Situation

You experienced a massive setback in your goal



### Thought

"I am a failure. I'm not cut out for this. I might as well stop trying."

### Thought

"Failing at this one thing does not define my worth or competency. I have my strengths that I can focus on."

### Feeling

Hurt, Incompetent,  
Discouraged, Humiliated

### Feeling

Hopeful, Confident,  
Worthy, Competent

### Behavior

You withdraw, shut down,  
or give up

### Behavior

You feel your feelings, but then  
push yourself to try harder next  
time and keep going.



# Practical Tips to Overcome Anxiety

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- Limit Exposure to Media Coverage
- Practice Filtering Out Negativity and Create a Culture of Positivity
- Avoid Catastrophizing (Avoid thinking of the worst possible outcome)
- Practice Mindfulness (Staying in the moment and doing what we need to do now)

Choosing Christ-Centered Life  
Over World-Centered Life

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CHRIST

WORLD

## The Scriptures teach us...

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**St. Matthew 6:34** - Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

**Philippians 4:6-7** - 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.