

## Alleviating Anxiety

“Even the most stable brain operates just a millimeter from madness.”

Dr. Archibald Hart has written 25 books covering many topics that impact the emotional and spiritual health of people. He provides the following definitions concerning fear, worry and anxiety.

**Fear** is triggered when we feel threatened; it is a response to real or perceived danger.

**Worry** is a mental exercise that tries to solve situations beyond your control.

**Anxiety** is a pervasive, inner feeling of nervousness, unrest, or uneasiness that lasts for an extended period of time.

In the book of Genesis, we read about the life journey of Abraham. We usually think of Abraham as a man of faith. However, in Genesis 20, Abraham shows us how fear can cast a shadow over faith and cause anxiety.

### Read Genesis 20.

Abraham displayed anxiety that is reflective of how so many of us connive, compromise, and manipulate because of fear. God’s plan is not for our minds to be hi-jacked by anxiety, but rather to live in peace and **B-A-L-A-N-C-E** in life.

### Believe peace is possible.

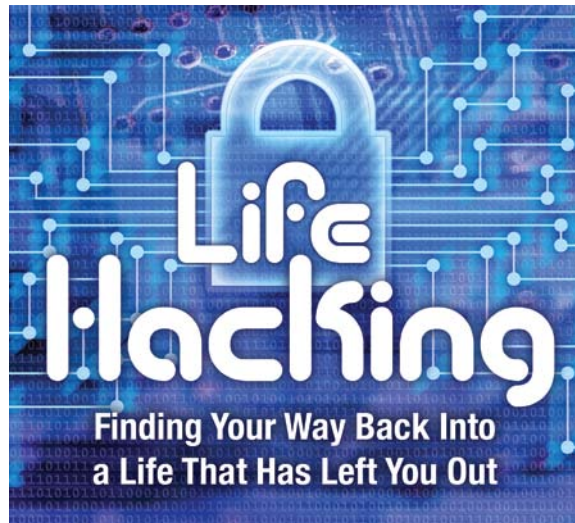
*...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.* —Philippians 4:6-7

### Assess the impact of anxiety on your life.

“Adrenaline circulating excessively is what causes a lot of our stress... Stress is normal. It becomes harmful when it is continuous, unremitting, and unrelieved. We can have as much arousal as we like as long as it is followed by a period of relaxation, rest and recovery. The body is designed for activation and then recovery—the mountain and valley phenomenon. Distress occurs

when we cannot get down off the mountain and the valley isn’t deep enough to allow adequate recovery. We begin to accumulate the effects of stress.”

—Dr. Archibald Hart



### Look for fresh perspective.

Sometimes we stare at something until we cannot see anything else. Prayer and faith can bring fresh perspective.

### Allow your thoughts to flow toward healthy outcomes.

Apprehension is normal, but anxiety can debilitate. Too often we become “worst case scenario” expects.

### Narrow your focus.

Focus can recover energies for important tasks and responsibilities. Choose to do your best in each situation and disengage yourself from the outcome. So much of life is beyond our control. Trust God’s promises to cover your concerns.

*...whatever is true... honorable...just...pure...lovely, ...commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

—Philippians 4:8.

### Calculate the sum of your daily passions and pursuits.

“I think the stress problem is—in the ultimate sense—a faith problem. It has to do with our values and with what we’re chasing after in life. It also has to do with our ability to forgive and to deal with hurts that come our way. Anger and resentment have been shown by a number of researchers to be the most damaging emotions from a stress point of view... You need to know what you want out of life. If you pursue wrong things, you are going to be more stressed. You need balance in relationships and balance between work and rest, between activity and recovery time. If you can build in balance, you can live a long and happy life.”

—Dr. Archibald Hart

### Exercise the escape of prayer.

*... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* —Philippians 4:6