Anxiety - Session 1 - Teaching

Definition of Anxiety:

Signs / Symptoms you may be experiencing:

1.
2.
3.
4.
5.
6.
7.
8.

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Common causes you can relate to:

1.
2.
3.
4.

- What is the difference between a circumstance and a diagnosis?
- Is there a diagnosis mentioned that you are dealing with or need to learn more about?

Thought Distortions:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.

Circle the ones you struggle with most.

Positive Coping Skills:

1.
2.
3.
4.
5.
6.
7.
8.

- Coping Skills - "tools you use to cope with issues.
- Do I tend to use the negative or positive coping skills first?

More ideas of Coping Skills

- Grounding
- Make Lists
- Progressive Muscle Relaxation

Remember to self-evaluate your stress levels and what season you're in with work, family events, extra responsibilities etc...

"What's on Your Plate?"

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!

Anxiety - Session 2 - Biblical Truth

Scripture References:

2 Corinthians 10:4-5	• We use God's mighty WEAPONS.
Ephesians 6:10-18	• The whole ARMOR of GOD.
Luke 9 ???	• Spiritual WARFARE - filled with the SPIRIT
2 Samuel ?	• The ARK is JESUS and we are the CART that He is in.

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Thoughts while watching video:

What's the root of our anxiety?

Lies - Fear - Rejection - Doubt - Thought Distortions - Self Worth

Taking every thought captive.

Thoughts	Truth: What does God's Word say?
• I can't handle this anymore.	• Philippians 4:13
• Good things never happen to me.	• Isaiah 55: 8-9
• I'm not good enough.	• Psalm 139.14
•	•
•	•
•	•
•	•
•	•
•	•
•	•

Are you just adding God to your life or is HE center of it?

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Anxiety - Session 3 - Teens

Definition of Anxiety:

Write down symptoms you relate to in each category.

EMOTIONAL: MENTAL: PHYSICAL:

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What are some situational or circumstances you have experienced?

Look up these scriptures:

- 2 Corinthians 10:4
- Ephesians 6:10
- 2 Corinthians 10:5

Your FEELING CENTER is BIGGER than your DECISON MAKING CENTER!

Write down a few ideas for a CODE word, the funnier the better!

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-
-

Positive Coping Skills:

1.
2.
3.
4.
5.

What do you do when you have anxious thoughts / anxious feelings?

Coping Skills - "tools you use to cope with issues.

More ideas of Coping Skills

- Grounding
- Make Lists
- Progressive Muscle Relaxation

Are there any negative coping skills that you can admit to doing / using?

Is there anyone you trust enough to ask for help?

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