

ANXIETY DISORDERS

The image features a central, glowing blue brain and skull in profile, facing right. The brain is rendered with intricate, glowing neural pathways. The background is a dark blue field filled with a complex digital interface, including various lines, grids, and data points, suggesting a high-tech or scientific theme. The overall aesthetic is futuristic and clinical.

Definition:

- The anxiety disorders are a group of mental disturbances characterized by anxiety as a central or core symptom.
- Although anxiety is a common place experience, not everyone who experiences it has an anxiety disorder.
- Anxiety is associated with a wide range of physical illnesses, medication side effects, and other psychiatric disorders.

History:

- The revisions of the Diagnostic and Statistical Manual of Mental Disorders (DSM) that took place after 1980 brought major changes in the classification of the anxiety disorders.
- Prior to 1980, psychiatrists classified patients on the basis of a theory that defined anxiety as the outcome of unconscious conflicts in the patient's mind.
- DSM-III (1980), DSM-III-R (1987), and DSM-IV (1994) introduced and refined a new classification that considered recent discoveries about the biochemical and post-traumatic origins of some types of anxiety.

Kinds of Anxiety Disorder

There are 7 main types of anxiety disorder which are as follows:

1. Generalized Anxiety Disorder (GAD)
2. Social Phobia
3. Panic Disorder
4. Agoraphobia
5. Phobias
6. Post-Traumatic Stress Disorder (PTSD)
7. Obsessive-Compulsive Disorder (OCD)

1. Generalized Anxiety Disorder

- Generalized anxiety disorder, or GAD, is the most common and widespread type of anxiety. GAD affect tens of millions of people throughout the world.
- GAD is best described as an ongoing state of mental and/or physical tension and nervousness, either without a specific cause or without the ability to take a break from the anxiety.

Symptoms

Generalized anxiety disorder symptoms can vary. They can include:

- Constant worrying or obsession about small or large concerns
- Restlessness and feeling keyed up or on edge
- Fatigue
- Difficulty concentrating or your mind "going blank"
- Irritability
- Muscle tension or muscle aches
- Trembling, feeling twitchy or being easily startled
- Trouble sleeping
- Sweating, nausea or diarrhea
- Shortness of breath or rapid heartbeat

Symptoms in children and adolescents

- In addition to the symptoms above, children and adolescents may have excessive worries about:
 - Performance at school or sporting events
 - Being on time (punctuality)
 - Earthquakes, nuclear war or other catastrophic events
- A child with the disorder may also:
 - Feel overly anxious to fit in
 - Be a perfectionist
 - Lack confidence
 - Require a lot of reassurance about performance

2. Social Phobia (Social anxiety disorder)

- Many people suffer from what's known as "social phobia," or an irrational fear of social situations.
- Some degree of social phobia is normal. Small degrees of shyness in public places, or discomfort while public speaking, are natural in most people, and do not imply an anxiety problem.
- But when that fear disrupts your life, you may be suffering from social phobia. Social phobia is when the shyness is intense and the idea of socializing or speaking with the public, strangers, authority figures, or possibly even your friends causes you noticeable anxiety and fear.

Symptoms

- Social anxiety disorder affects your emotions and behavior. It can also cause significant physical symptoms. So its symptoms can be categorized as:
 1. **Emotional symptoms**
 2. **Physical symptoms**

Emotional symptoms of social anxiety disorder / social phobia

- Excessive self-consciousness and anxiety in everyday social situations
- Intense worry for days, weeks, or even months before an upcoming social situation
- Extreme fear of being watched or judged by others, especially people you don't know
- Fear that you'll act in ways that that will embarrass or humiliate yourself
- Fear that others will notice that you're nervous

Physical symptoms of social anxiety disorder / social phobia

- Red face, or blushing
- Shortness of breath
- Upset stomach, nausea (i.e. butterflies)
- Trembling or shaking (including shaky voice)
- Racing heart or tightness in chest
- Sweating or hot flashes
- Feeling dizzy or faint

Behavioral symptoms of social anxiety disorder / social phobia

- Avoiding social situations to a degree that limits your activities or disrupts your life
- Staying quiet or hiding in the background in order to escape notice and embarrassment
- A need to always bring a buddy along with you wherever you go
- Drinking before social situations in order to soothe your nerves

3. Panic Disorder

- Panic disorder is a debilitating anxiety disorder that is very different from GAD. Panic disorder is not about "panicking." It's not about getting very worried because you might lose your job or a lion is about to attack you in the jungle. That type of panic is normal.
- Panic disorder is when you experience severe feelings of doom that cause both mental and physical symptoms that can be so intense that some people become hospitalized, worried that something is dangerously wrong with their health.
- Panic disorder is characterized by two things:
 - Panic attacks.
 - Fear of getting panic attacks.

Symptoms

- Shortness of breath or hyperventilation
- Heart palpitations or a racing heart
- Chest pain or discomfort
- Trembling or shaking
- Choking feeling
- Feeling unreal or detached from your surroundings
- Sweating
- Nausea or upset stomach
- Feeling dizzy, light-headed, or faint
- Numbness or tingling sensations
- Hot or cold flashes
- Fear of dying, losing control, or going crazy

4. Agoraphobia

- Agoraphobia is the fear of going out in public, either the fear of open spaces or the fear of being in unfamiliar places.
- Many people with agoraphobia either never leave their home, or do anything they can to avoid travelling anywhere other than their home and office.
- Some people can go to the grocery store or other familiar places, but otherwise experience intense, nearly debilitating fear anywhere else.
- Many people (although not all) that have agoraphobia ***also have panic disorder***. That's because for many, agoraphobia is often caused by panic attacks. People experience panic attacks in public places, so they start to avoid more and more places in order to avoid panic attacks until they are afraid to go outside.

Symptoms

- Fear of being alone in any situation
- Fear of being in crowded places
- Fear of losing control in a public place
- Fear of being in places where it may be hard to leave, such as an elevator or train
- Inability to leave your house for long periods (housebound)
- Sense of helplessness
- Overdependence on others
- A sense that your body is unreal
- Trouble swallowing
- In addition, it may also have signs and symptoms similar to a panic attack, including:
 - Lightheadedness
 - Trouble breathing
 - Dizziness
 - Excessive sweating
 - Rapid heart rate
 - Flushing
 - Nausea
 - Upset stomach or diarrhea
 - Chest pain
 - Feeling a loss of control

5. Specific Phobias

- Phobias are intense feelings of fear because of objects, scenarios, animals, etc. Phobias generally bring about disaster thinking (believing that the worst will happen) or avoidance behaviors (doing whatever it takes to avoid the phobia).
- An example of a common phobia is arachnophobia, or fear of spiders. Very few spiders are likely to bite and even fewer are dangerous, and yet many people experience a feeling of severe dread at even the idea of a spider. Other examples of common phobias include snakes, airplanes, thunderstorms, and blood.

Symptoms

- A feeling of uncontrollable anxiety when you're exposed to the source of your fear — sitting on an airplane, for instance, or walking into a large party
- The feeling that you must do everything possible to avoid what you fear
- The inability to function normally because of your anxiety
- Often, the knowledge that your fears are unreasonable or exaggerated, but feeling powerless to control them
- Physical as well as psychological reactions, including sweating, rapid heartbeat, difficulty breathing, a feeling of panic and intense anxiety
- In some cases, anxiety just thinking about what you fear
- In children, possibly tantrums, clinging or crying

6. Post Traumatic Stress Disorder (PTSD)

- As a human being, there are always risks that put your life in danger. Most people are lucky enough to avoid these dangers and live a nice and safe life. But in some cases, you may experience a life trauma – either physically or emotionally – and this can cause an anxiety problem known as post-traumatic stress disorder.
- As the name implies, PTSD is an anxiety disorder that comes after the traumatic event has occurred. Those living with PTSD often must get outside help, because PTSD can affect people for years after the event occurs – possibly even the rest of their life.
- PTSD affects people both psychologically and physically traumatic event.

Symptoms of post-traumatic stress disorder (PTSD)

- The symptoms of post-traumatic stress disorder (PTSD) can arise suddenly, gradually, or come and go over time. Sometimes symptoms appear seemingly out of the blue. At other times, they are triggered by something that reminds you of the original traumatic event, such as a noise, an image, certain words, or a smell. While everyone experiences PTSD differently, there are three main types of symptoms:
 1. Re-experiencing the traumatic event
 2. Avoiding reminders of the trauma
 3. Increased anxiety and emotional arousal

Symptoms of PTSD: Re-experiencing the traumatic event

- Intrusive, upsetting memories of the event
- Flashbacks (acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma
- Intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating)

Symptoms of PTSD: Avoidance and numbing

- Avoiding activities, places, thoughts, or feelings that remind you of the trauma
- Inability to remember important aspects of the trauma
- Loss of interest in activities and life in general
- Feeling detached from others and emotionally numb
- Sense of a limited future (you don't expect to live a normal life span, get married, have a career)

Symptoms of PTSD: Increased anxiety and emotional arousal

- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hyper vigilance (on constant “red alert”)
- Feeling jumpy and easily startled

7. Obsessive Compulsive Disorder (OCD)

- Obsessive compulsive disorder, or OCD, can be a very destructive anxiety disorder. Those with OCD often exhibit behaviors and fears that are not only confusing to those around you – they may be confusing to the person with OCD as well.
- Compulsions and obsessions are similar, but exhibit themselves in different ways:
- **Obsessions:** Obsessions are thought based. They're a preoccupation with a specific thought, usually a negative or fearful thought, that a person simply cannot shake no matter how hard they try. Obsessions often have themes to them, such as:
 - Fear of contamination or dirt
 - Having things orderly and symmetrical
 - Aggressive or horrific impulses
 - Sexual images or thoughts

Cont....

- **Compulsions:** Compulsions are behavior based. They're a "need" to perform an action or activity, often in a very specific way, and as hard as the person tries, they can't stop themselves from performing the behavior. compulsions typically have themes, such as:
 - Washing and cleaning
 - Counting
 - Checking
 - Demanding reassurances
 - Performing the same action repeatedly
 - Orderliness
- An obsession would be worrying that your mother might get very sick, while a compulsion would be feeling anxious if you do not touch a doorknob before you leave the house.

Obsession symptoms and signs

- Fear of being contaminated by shaking hands or by touching objects others have touched
- Doubts that you've locked the door or turned off the stove
- Thoughts that you've hurt someone in a traffic accident
- Images of hurting your child
- Impulses to shout obscenities in inappropriate situations
- Avoidance of situations that can trigger obsessions, such as shaking hands
- Replaying pornographic images in your mind
- Dermatitis because of frequent hand washing
- Skin lesions because of picking at your skin
- Hair loss or bald spots because of hair pulling

Compulsion symptoms and signs may include:

- Hand washing until your skin becomes raw
- Checking doors repeatedly to make sure they're locked
- Checking the stove repeatedly to make sure it's off
- Counting in certain patterns
- Arranging your canned goods to face the same way

- Anxiety disorders occur when raw anxiety is not confined.
- Because our human minds can envision good things and future possibilities, we can also envision the bad things, which results in anxiety.
- Anxiety is a part of our genetic makeup.
- We wouldn't be alive today if our ancestors lacked the ability to anticipate dangers and threats.

Since anxiety is hardwired into your brain circuitry, you can not escape it or deny it. It is as natural a part of our being as breathing, eating or sleeping.

Therefore, anxiety is not something to be eliminated, but rather to be controlled.

TRANSFORM YOUR LIFE



THE GOD- SHAPED BRAIN

How Changing Your View of God
Transforms Your Life

Timothy R. Jennings, M.D.

Section One: God, The Brain, and What Went Wrong

- 1) Chapter 1: God is Love
- 2) Chapter 2: The Human Brain
and What Went Wrong
- 3) Chapter 3: The Infection of Fear
- 4) Chapter 4: Freedom To Love

Section Two:
**The Balance Between The
Conflicting Views About God**



The breach in
love began
when lies about
God replaced
the truth. God's
healing remedy
begins with the
truth.



YOU SHALL
KNOW THE
TRUTH
& THE
TRUTH
SHALL SET
YOU
FREE

JOHN 8:32

Chapter 5: Love Strikes Back

- God is working through His Spirit to enlighten, heal and restore.
- Truth enters the mind through the prefrontal cortex, the thought and reasoning center.
- Satan tries to confuse our thinking by inflaming the limbic system with fear through his lies.

- God uses His methods of truth, love and freedom.
- Satan, the father of lies, twists, distorts, and misrepresents all of God's interventions of love.
- And lies believed break the circle of love and trust, and keep us afraid of God.

Only through a trusting relationship with God can our brains be healed and our characters purified.

Through God's love, we are converted and switch from the primary motive of a sinful heart, which is the survival -of- the-fittest selfishness, to love which is other-centered.

Although we can experience conversion in a moment, God's healing transformation on our lives occurs gradually, steadily, and progressively.

It takes time for unhealthy neural circuits to degrade and healthy ones to form.

If you were infected with anthrax, without treatment, you would die. If you go to a doctor and trust him, you will take the antibiotic treatment that will cure your condition.

The moment you take your first dose, you have left the path of death and entered life.

But will all of your symptoms be resolved that day? Or will there be a gradual healing process?

Likewise, we were all born dead in trespasses and sin. At conversion, we trust in Jesus and accept His treatment plan for our lives. We leave the path of death and enter into eternal life.

Until Christ's return, the transformation of our old character, and the healing of our minds is an ongoing battle.

Paul describes this in Romans chapter seven when he says that God's law points out our sin. The law can diagnose sin but can not cure it.

*Paul says, “Wretched man that I am!
Who will deliver me from this body of
death?”*

*Thanks be to God through Jesus Christ
our Lord! So then, I myself serve the
law of God with my mind, but with my
flesh I serve the law of sin.”*

(Romans 7:24-25)

... and the very next verse says ...

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”

Romans 8:1-2

Chapter 6: Engaging The Battle

“The inevitability of the death of Jesus does not stem from God’s need but from humanity’s. There are only two roles to play in the tale of divine and human relationships, persecutor or persecuted.

God can cause suffering or God can suffer.
God in Christ choose the latter.”

-Michael Hardin

- Read Savannah’s Story (pg. 90)

- God Doesn't Condemn You
- God Is Not Mad At You
- God Loves You
- God Wants To Save And Heal You

“God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”

(John 3:17)

In A.W. Tozer's book, The Knowledge of the Holy, he writes about the attributes of God. In the chapter titled, The Goodness of God, he says the following:

“The goodness of God is that which disposes Him to be kind, cordial, benevolent, and full of good will toward men. He is tenderhearted and of quick sympathy, and His unfailing attitude toward all mortal beings is open, frank, and friendly.”

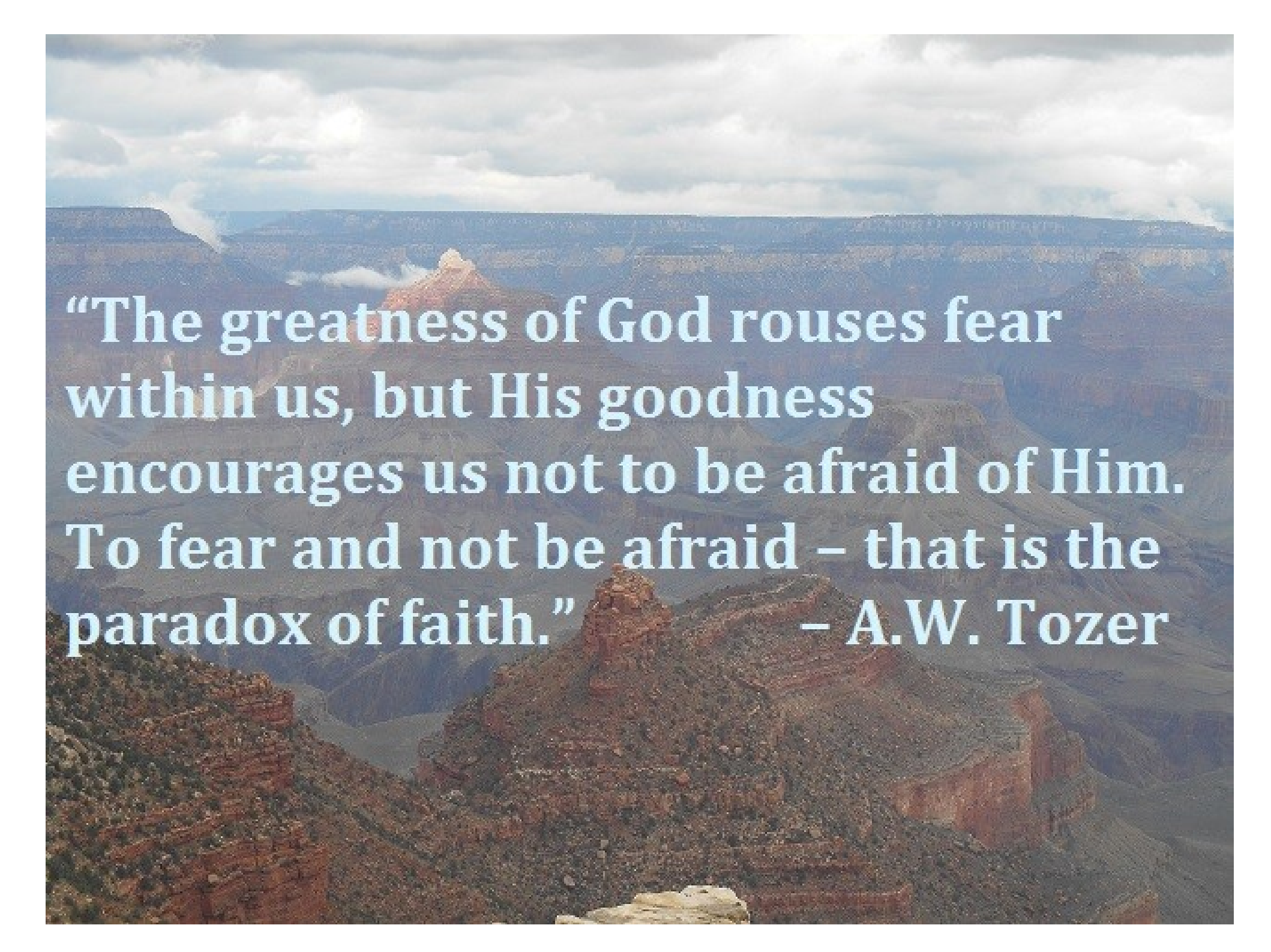
“All of our religious activities and every means of grace, however right and useful they may be, are nothing until we understand that the unmerited, spontaneous goodness of God is in back of and underneath all His acts.”

From Revelations of Divine Love by Julian of Norwich

Published in 1395. During the author's life the plague, called Black Death, killed one third of the population of England.

Tozer continues, “The whole outlook of mankind might be changed if we could all believe that we dwell under a friendly sky and that the God of heaven, though exalted in power and majesty, is eager to be friends with us.”

“But years of rebellion against God have bred in us a fear that cannot be overcome in a day.” (Read Pg. 84)



“The greatness of God rouses fear within us, but His goodness encourages us not to be afraid of Him. To fear and not be afraid – that is the paradox of faith.”

– A.W. Tozer



The End

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