

Health Notes

“Anxiety”

Be “Anxious for Nothing” is the title of famed Christian author, Max Lucado’s book on “Trusting in the Miracle of God’s Presence and Power.” Anxiety, according to “Anxiety Canada,” is normal in all of us at one time or another in our life. One in four adults will have an anxiety disorder in their lifetime. The rest of the population will experience normal anxiety that comes and goes with appropriate care.

Anxiety is a normal response. It is adaptive. It is a process in our body that helps us deal with real danger or to perform at our best. This is a process for our body to prepare to defend itself. When you experience anxiety, your body’s “fight or flight-freeze” response is triggered. (Lucado. 2017; Anxiety Canada. 2024)

We experience anxiety in our lives when we perceive or think we are in danger or that something important to us is in jeopardy. “Anxiety and fear are cousins but not twins. Fear is a threat. Anxiety imagines one.” (Lucado.2017) It is important to recognize signs and symptoms of anxiety as early as possible so that we can intervene with healthy responses. Self-awareness is crucial in assisting us all to identify our anxiety, how it is affecting us, and to begin utilizing self-care techniques in caring for ourselves. Recognizing physical symptoms, anxious thoughts, and anxious behaviors, and then seeking needed support will treat most anxiety effectively.

1 Peter 5:6-7 tells us to *“Humble ourselves, therefore, under the mighty hand of God, so that at the proper time He may exalt you, casting all your anxieties on Him because He cares for you.”*

God comforts, helping us with the words of Philippians 4: *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

How do you deal when anxiety occurs in your life? Once you can understand and recognize anxiety, you will be better prepared to move on to the next stage—learning how to manage anxiety. If you ever feel you cannot manage the anxiety experience, it is a strength to seek help. The two ways to treat anxiety are conventional treatment, (such as, psychological and spiritual counseling or medications). Non-conventional therapies include relaxation techniques, massage therapy, acupuncture, aromatherapy, meditation, and music therapy. Each of us might respond differently to therapy. Many times treatment is needed for only a short amount of time. Other times, individuals may need ongoing therapy to maintain a healthy lifestyle. Either way, knowing ourselves and our needs requires strength that God will give us and support us through.

For more information on understanding and treating anxiety from a Christian perspective, please join us for our Caring Connections meeting on March 11th to hear about “Managing Anxiety, So It Doesn’t Manage Us.”

Resources: Lucado.M.2017. Anxious for Nothing: Anxiety Canada, 2024

