



# Anxiety & Fear

RESOURCE GUIDE



# Description

Anxiety is a normal part of life that everyone experiences from time to time. When fear and worry take over and interrupt your everyday life, keeping you from who and what you love, it's time to reach for help from others. You are not alone. Let Central Cares walk with you in this valley and help you move toward healing.

# Bible Verses

- Isaiah 41:13 "For I am the Lord your God who takes hold of your right hand and says to you, 'Do not fear; I will help you.'"
- Psalm 55:22 "Cast your cares on the Lord and He will sustain you."
- Matthew 6:26 "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

# Links

[ANXIETY: A COMPASS & LIGHT STUDY](#)

[FACING ANXIETY - JONATHAN POKLUDA - BIBLE STUDY](#)

[ANXIOUS FOR NOTHING - MAX LUCADO - BIBLE STUDY](#)

[MENTAL HEALTH WITH DR. JEFF BAKER - SESSION 2](#)

# Books

## ***Anxious for Nothing* - Max Lucado**

Does the uncertainty and chaos of life keep you up at night? Is irrational anxiety your constant companion? Let God help you win the war on worry and receive the lasting peace of Christ. In this book, Max will help you:

- Celebrate God's goodness
- Ask God for help
- Leave your concerns with God
- Meditate on good things

**[PURCHASE HERE](#)**

## ***The Anxious Christian: Can God Use Your Anxiety for Good?* - Rhett Smith**

Many Christians feel shame when they are anxious. They especially feel this shame when well-intentioned fellow believers dismiss or devalue anxiety with Christian platitudes and Bible verses. Rhett Smith, Licensed Marriage and Family Therapist, helps us understand anxiety in a new way. Rhett argues that, rather than being destructive or shameful, anxiety can be a catalyst for our spiritual growth. Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives.

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## ***Hello, Fears* - Michelle Poler**

In this inspiring and motivational new book, founder of the Hello Fears social movement Michelle Poler is challenging you to say hello! to your fears and find meaningful happiness outside the traditional definition of success by living with courage and tapping into your full potential.

**[PURCHASE HERE](#)**

## ***Winning the War in Your Mind* - Craig Groeschel**

Are your thoughts out of control—just like your life? Do you long to break free from the spiral of destructive thinking? If so, God's truth can become your battle plan to win the war in your mind! In this twelve-lesson workbook, pastor and New York Times bestselling author Craig Groeschel reveals that our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are. Both the Bible and modern science provide evidence that this is true.

**[PURCHASE HERE](#)**

# Central Resources

- **TALK TO SOMEONE**

- **LOOKING FOR COUNSELING?**

- **CELEBRATE RECOVERY**

Celebrate Recovery is a biblical and balanced program that helps you overcome your hurts, habits, and hang-ups. At the core of Celebrate Recovery, you can experience the 12-steps, the 8-Recovery Principles, and their biblical comparisons, establishing a healing relationship with Christ and others. There is no registration necessary. Celebrate Recovery meets every Monday at 6:30 PM in the Mesa Café on our Mesa Campus providing a safe and confidential environment to heal from life's struggles. For more information email [celebrate.recovery@centralaz.com](mailto:celebrate.recovery@centralaz.com).

- **BOUNDARIES**

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives. Physical boundaries help us determine who may touch us and under what circumstances. Mental boundaries give us the freedom to have our own thoughts and opinions. Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator. Often, Christians focus so much on being loving and unselfish that they forget their limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries?

At Central, take part in a nine-week guided program via Zoom based on Dr. Henry Cloud and Dr. John Townsend's book, providing biblically-based answers to these and other tough questions. This program will show you how to set healthy boundaries with your parents, spouse, children, friends, co-workers, and even yourself. For more information email [boundaries@centralaz.com](mailto:boundaries@centralaz.com).

# Community Resources

- **DBT GROUPS**

Skills groups for those struggling with depression, anxiety, addiction, personality, or mood disorders. Many counseling centers offer DBT groups (including the Christian counselors on Central's referral page) or find one in your area.

- **MENTAL HEALTH AND SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM (IOP)**

Decision Point Center is Arizona's premier alcohol and drug addiction treatment leader, offering individualized inpatient and outpatient rehabilitation services backed by evidence-based techniques and therapies to give individuals the tools they need to live a life free of addictive substances.

- **COMMUNITY BRIDGES, INC (CBI)**

Community Bridges, Inc. (CBI) uses a holistic—or integrated—approach to addiction treatment and behavioral health concerns. They are taking each person's unique traits and issues into account to design a treatment plan. Our solutions are never one-size-fits-all using a combination of education, therapy, housing, medications, peer support, inspiration, hope, and other supportive services. People are unique, and their treatment plan should be too.

- **GROUNDING TECHNIQUES**

If you struggle with panic or anxiety attacks, or just when you feel your emotions are taking over, try one of these tools to bring you back into the present:

- The 5-4-3-2-1 technique: This is the most common grounding technique because it calls upon all the senses to bring you back to the present. It involves thinking about:
  - Five things you can see
  - Four things you can feel
  - Three things you can hear
  - Two things you can smell
  - One thing you can taste in your immediate environment.

Identifying things in your physical world slows your heart rate and takes your focus off the intense feelings of anxiety.

- Bring attention to your breath: Breathing exercises help you take control of your heart rate and your muscle tension. Breathe in for four seconds, hold it for four seconds, and let it out for four seconds. Repeat this until you feel calm.
- Spell some things backward: Spelling something backward is a mental challenge that forces you to concentrate. You can do lots of things backward — like counting down from 100 in increments of 6, reading a page of a book backward, and so on.
- Visualize turning down an emotional dial: You'll have strong emotions at the onset of a panic attack. By visualizing an emotional dial and making the conscious choice to turn it down, you're putting yourself in charge of your feelings.