

DEALING WITH ANXIETIES

...(LIKE THE COVID-19 CRISIS)




COVID-19

(Novel Coronavirus)



What worries you most about this crisis?

- ☐ Health
- ☐ Money
- ☐ Food and supplies
- ☐ Medical support, if needed
- ☐ Family (spouse, parents, children)
- ☐ Other



Everybody
feels anxious
from time to
time

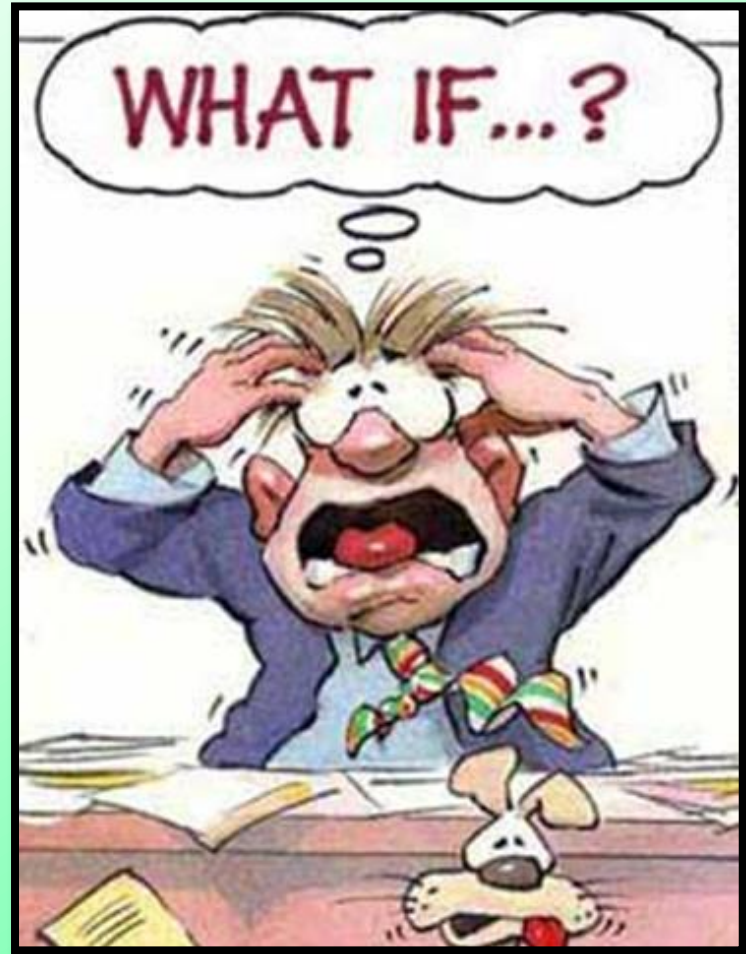
ANXIETY

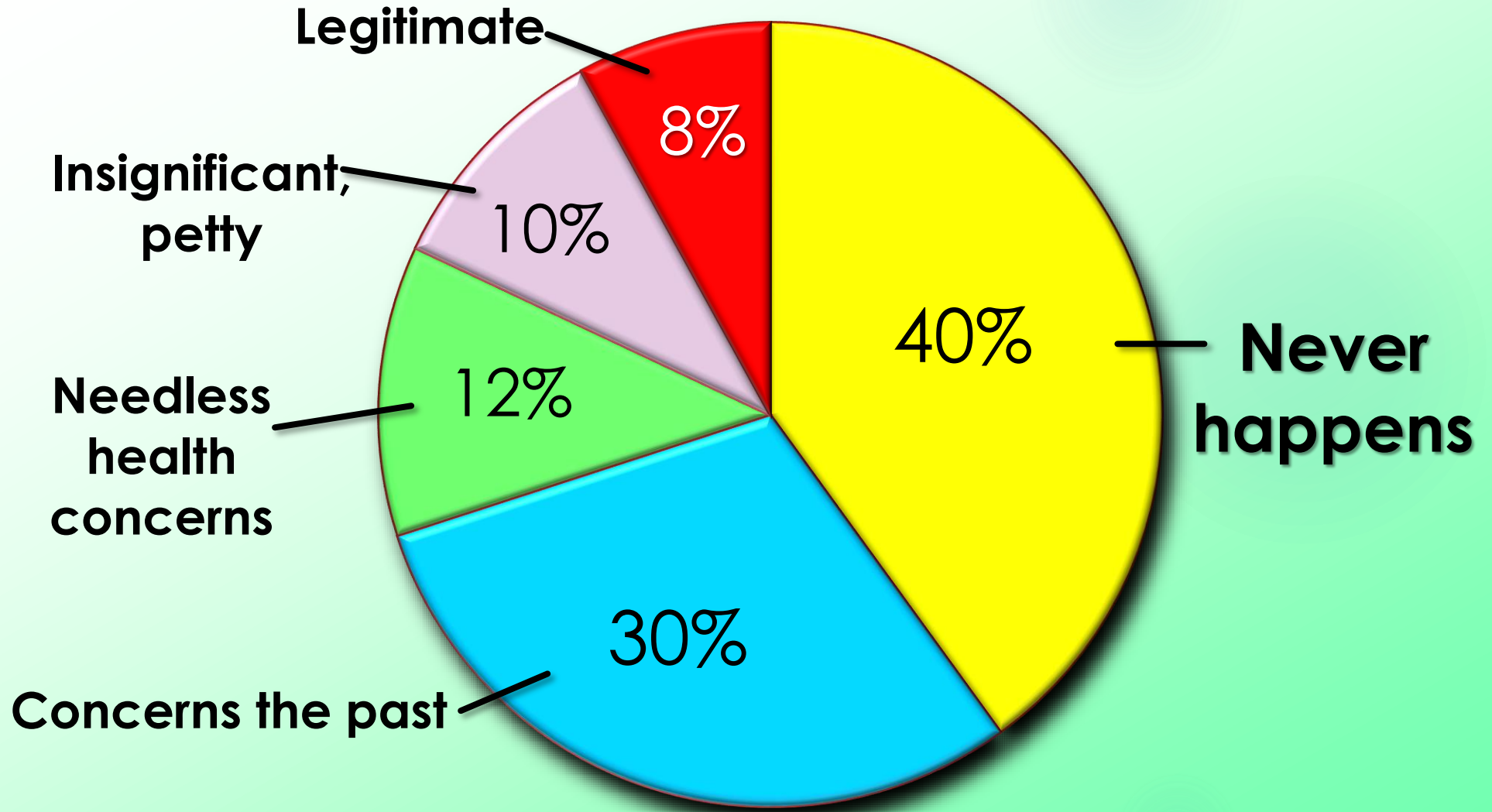
An unhealthy and
unproductive concern
about something.

FEAR



ANXIETY





CAUSES OF ANXIETY

- ❖ **Threats to security**
- ❖ **Feelings of inadequacy**
- ❖ **Uncontrollable situations**

EFFECTS OF ANXIETY

- ❖ **Restlessness**
- ❖ **Agitation**
- ❖ **Lack of concentration**
- ❖ **Me-centered focus**

The Anxiety-Reduction Diet

Breakfast

- ▶ 1/2 Grapefruit
- ▶ 1 Piece Toast
- ▶ 8 oz. Skim Milk

Lunch

- ▶ 4 oz. Lean Chicken
- ▶ 1 Cup Zucchini
- ▶ 1 Oreo Cookie
- ▶ Herb Tea

Mid-Day Snack

- ▶ Rest of Oreos
- ▶ 1 Qt Rock Road Ice Cream
- ▶ 1 Jar Hot Fudge

Dinner

- ▶ 2 Loaves Garlic Bread
- ▶ 3 Milky Ways
- ▶ Entire Frozen Cheesecake

Why does God allow his children to go through difficult times?



Wrong Responses to this crisis

- Blaming God or others
- Believing difficult times are unnecessary or meaningless
- Feeling helpless and defeated
- Seeking relief in the wrong places
- Feeling like a victim
- Misunderstanding the purpose for difficult times

WHY GOD ALLOWS DIFFICULT TIMES

- ✓ They test our faith
- ✓ They test our devotion to Christ
- ✓ They purify and make us like Jesus Christ in our character
- ✓ They give God the opportunity to show His love and power
- ✓ They equip us to be a blessing to others by moving from “me” to “we”



**Practical
steps we
can take
now**



Minimize TV watching
about COVID-19



Don't try to control
the uncontrollables



Follow current health
guidelines &
restrictions



4

Plan ahead (food,
supplies...)



Keep busy (reading,
games, hobbies...)



Check in with
neighbors (especially
the elderly)



Remember, God is not
absent in a crisis

“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down.

It’s wonderful what happens when Christ displaces worry at the center of your life.”

Phil. 4:6-7 Msg.



GOT
IT?