



# NAVIGATING ANXIETY AND STRESS: GOOD THINGS TO REMEMBER DURING CHALLENGING TIMES

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# **TODAY'S FOCUS**

The opportunity to take a deep breath and take stock of how you are currently navigating stress and anxiety in the midst of these challenging times.

**OVERFLOW PHILIPPIANS BIBLE STUDY**  
**THEME VERSE:**  
**CALLED TO BE CITIZENS OF HEAVEN**

“Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel...”

Philippians 1:27

# **G O D ' S   I N V I T A T I O N**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

# YES, BUT...

*Well, I know of God's invitation, but I DO get anxious! and so I worry:*

- Does this mean my faith is not strong enough (am I just a "fair weather" Christian?)
- That God is displeased with me – I am letting Him down
- If I tell my fellow believers, what will they think about me

*For Reflection:*

Ps. 103: 11-14

Colossians 1: 9-14

# THE ROOT OF ANXIETY IS UNCERTAINTY

Anxiety is an emotion we experience when we face situations where we are not sure of what to do or are uncertain as to what the outcome will be. We experience it physically, mentally, emotionally and spiritually.

Factors that impact our proneness to experience stress, worry and anxiety:

- Our physical make-up
- Our life experiences
- Our current life circumstances

UNDERSTANDING HOW GOD DESIGNED OUR BRAIN AND BODY

# THE NATURE AND IMPACT OF STRESS

Stress can be positive, tolerable or toxic

- Cumulative
- Acute
- Vicarious



# WORRY AND OUR COPING STYLES

## Avoidant

Focusing on things that distract from anxious and  
Stress-related thoughts and feelings.

## Ruminative

Keeping areas of concern “on your mind” and carrying them with you

## Hypervigilant

Moving quickly (sometime too quickly) to address or resolve challenges



# ESSENTIALS

- Awareness of and managing our current level of internal activation (developing tools for physical, mental, and emotional deactivation/stress reduction)
- Recognition of our current level of weariness (rest and restoration)
- Recognizing that many things impact us, but we can only influence the outcome of a few (focusing on what I can change, and accepting what is out of my control)
- Practicing regular self care
- Social connection and support
- Becoming an “expert” on understanding stress and anxiety, in order to build resilience
- Underneath it all, trusting that God wants us to walk with Him in all of life’s opportunities and challenges as we learn to be “Citizens of Heaven”

# R . A . I . N .

- **Recognize** – The situation of concern or interest to you
- **Allow** – Your thoughts and feelings
- **Investigate** – What am I experiencing and why?
- **Nurture** – All within the context of being loved by God – fearfully and wonderfully made
- **Then** – what will I do?