

Anxiety and
depression are not
the end of the story.



ANXIETY — AND — DEPRESSION *RELIEF*



W O R K B O O K

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Life and Health Network is a 501(c)(3) non-profit health media organization created by a group of physicians and dentists who all share an earnest desire to do more than the norm. True health shouldn't be merely about diagnosing symptoms and prescribing medication—it is far more valuable than that.

How? Simple—balanced nutrition, regular fitness, and a positive state of mind. The goal of Life and Health Network is to seek the plain, science-backed truth and to share it with you through:

Healthy recipes, cooking videos, articles, and other wellness resources all for free at lifeandhealth.org.



Abide Network is a group of counselors and coaches who offer trainings, seminars, retreats, and both in-person and distance (via telephone or video chat) counseling and coaching. We are wholistic, scientifically-informed, and biblically-grounded.

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May each page of this workbook touch your life with the information and inspiration you need to rewrite your health story.



Introduction

"Humans are 90% water. We're basically cucumbers with anxiety."—@JackBinstead

"Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: It is easier to say, 'My tooth is aching' than to say, 'My heart is broken.'"—C.S. Lewis

Maybe you've felt mental pain—the dull ache we call depression. Depression says the end of hope has come. It says nothing will ever be good or bright or worth smiling about again. It says life is heavy and bleak; you'll never have anything but failure; you're not good enough for what you want in life, and you'll never get it no matter what you do.

And anxiety? Those debilitating, oftentimes groundless, feelings of worry or fear strong enough to disrupt our ability to function, to work, to love, or to stay healthy are so universal that they trump every other category of mental illness.

Depression and anxiety don't care who you are or who you know or how much money you have in the bank. It doesn't matter if you're rich, poor, educated, talented, popular, or simple and low-profile, gorgeous or homely or somewhere in between.

The good news is, this lack of hope, these worries—they're lying to you. The bad news is, it feels like they're telling the truth.

Dealing with depression and anxiety starts with understanding. Know thine enemy, because if you shine a light on the darkness, the darkness will disappear. The physical, psychological, spiritual causes of anxiety and depression must first be identified and addressed in order for us to find relief. And that is what we want to share with you in this course.

Your past bad days don't have to overshadow the days ahead. You can live big, and you can fight. Your life can be made into a great adventure story.

We're with you for this new story of hope and courage. Our goal for this course is to walk with you step-by-step, guiding you with time-tested, scientifically-proven ways for you to heal. You're bigger than fear, you're even bigger than hopelessness—and you can overcome and outlive the darkness and the worry. Join with us in this adventure of healing.



Jennifer Jill Schwirzer, LPC, NCC







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NOTE: This workbook is designed to be used with Anxiety and Depression Relief course.
Learn more at lifeandhealth.org.



Mental Health Checklist

Check the things that apply to you.

- Family history of mental illness
- Early childhood trauma or abuse
- Previous episode of mental illness
- Family history of substance abuse
- Extreme home of origin dysfunction
- Childhood divorce/parental absence
- Low birth weight
- Widowed
- Recent major life stress
- Brain injury or defect
- Pre-menstrual syndrome
- Menopause or perimenopause
- Recent birth
- Single parenting
- Major life stressors, even if positive
- Living with an addict
- Weather/time of year
- Serious marital conflict
- Other serious home life conflict
- Raising grandchildren
- Chronic pain/health problems
- Regular insomnia
- Severe poverty
- Illnesses that can cause depression
- Low self-esteem
- Poor social skills
- Overuse of social media
- Urban setting



An ounce of prevention is worth a pound of cure.

–BENJAMIN FRANKLIN



- Lack of social support
- Irregularity in schedule
- Too little sleep (<6 hours/day)
- Too much sleep (>9 hours/day)
- Smoking
- Drug or alcohol abuse
- Heavy caffeine uses
- Medications that cause depression
- Lack of exercise
- Lack of sunlight
- Lack of fresh air
- High fat diet
- High sugar diet
- High protein, low complex carb diet
- Nutritional deficiencies
- Overuse of TV/movies
- Escaping into fictional reading/viewing
- Internet or electronic game addiction
- Immorality
- Sex/porn addiction

Group Etiquette

Since our course involves group discussion, some may share private or sensitive information. Please abide by these principles:

- 1 Confidentiality:** What is said in the group stays in the group. Group members should consider the group work sacred, creating an environment where members can share freely without fear of their stories "leaking out."
- 2 Privacy:** No group member is forced to disclose personal information. Each member controls their own narrative, choosing what to share and what to keep back.
- 3 Dignity:** No group member is ever treated disrespectfully. Undue criticism, belittling, and/or sarcastic put-downs will destroy the tone of the group and should never come into play.

4 Propriety: Members will keep language and communication pure. While some delicate things may need to be shared in order to convey the participant's story, members should avoid unneeded information of a sexual nature and foul language.

5 Conciseness: Members will stay within their allotted time to speak. Group therapy is not individual counseling. Each member needs time to speak. Therefore, when a time limit is given, talking past that limit takes time away from another member. Group members should be sensitive to this.

I have read, understood and accepted these guidelines.

Signature _____

Date _____



SESSION 1

UNDERSTANDING ANXIETY

"Anxiety is love's greatest killer." –Anais Nin

Intro to Anxiety

Anxiety: A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Anxiety disorder: A mental health disorder characterized by feelings of worry or fear that are strong enough to interfere with one's daily activities.



Test Your Knowledge

- 1 Anxiety becomes unmanageable when it heightens to the point where it's triggered by the _____ of danger rather than its _____.
- 2 The _____ nervous system brings about activation or arousal of the autonomic nervous system and the _____ calms it.
- 3 Social engagement refers to the state of feeling bonded or _____, others. We humans experience "calm" best in _____, when we know we're not alone in the world.
- 4 What kind of people tend to experience more chronic anxiety?
 - a Connected people
 - b Lonely people
 - c Happy people
 - d Overworked people

Specific Phobia

Specific phobia: An unreasonable or irrational fear related to exposure to specific objects or situations. For example: arachnophobia, the fear of spiders.

 **Test Your Knowledge**

The best treatment for specific phobias is actually gradual, careful _____ to the thing feared.

Systemic desensitization: Gradual exposure, coupled with deep breathing and other relaxation exercises, can recondition the nervous system from, for example, associating spiders with fear, to associating spiders with calm.



“

*You gain **strength, courage** and **confidence** by every experience in which you really **stop to look fear in the face**. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must **do** the thing you think you cannot do.*

—**ELEANOR ROOSEVELT**

”

Social Anxiety Disorder

Social anxiety: The fear of social situations that involve interactions with other people.

Test Your Knowledge

- 1 _____ : *Feels nervous or timid around people.*
- 2 _____ : *Prefers alone time and solitary activity, but isn't necessarily afraid of being around people.*

When shyness become so severe that it affects a person's ability to function, it has probably become a social anxiety disorder.

- 3 *There's _____ for shy people becoming comfortable in social situations!*

“

*Whether you think you **can** or think you **can't**—you are right.*

—HENRY FORD

”





Social Stretches

The idea behind social stretches is to develop the skill of pushing past your social inhibitions. As you do so, you will develop a sense of self-efficacy—a knowledge that you can be extroverted when you choose to. The idea is not to make an extrovert out of you, but to help you develop the ability to be outgoing when you wish to be.

- ★ Smile at a stranger
- ★ Ask a cashier “How is your day going?”
- ★ Have a longer conversation with a neighbor than you’re used to having
- ★ Talk to people at work that you typically ignore
- ★ Call someone on the phone you haven’t spoken to in a while
- ★ Have a conversation at a doctor’s office
- ★ Thank someone for what they do
- ★ Say, “You have a nice day!” to someone
- ★ Compliment someone
- ★ Praise someone for a job well done
- ★ Wave at someone passing on the street
- ★ Engage with someone at church you’re not accustomed to speaking with
- ★ Offer to pray in public
- ★ Other

“

No man is a failure who has friends.

—CLARENCE THE ANGEL
IT'S A WONDERFUL LIFE

”



Post-Traumatic Stress Disorder

PTSD (post-traumatic stress disorder): An anxiety-related disorder characterized by difficulty recovering after experiencing or witnessing a terrifying event.

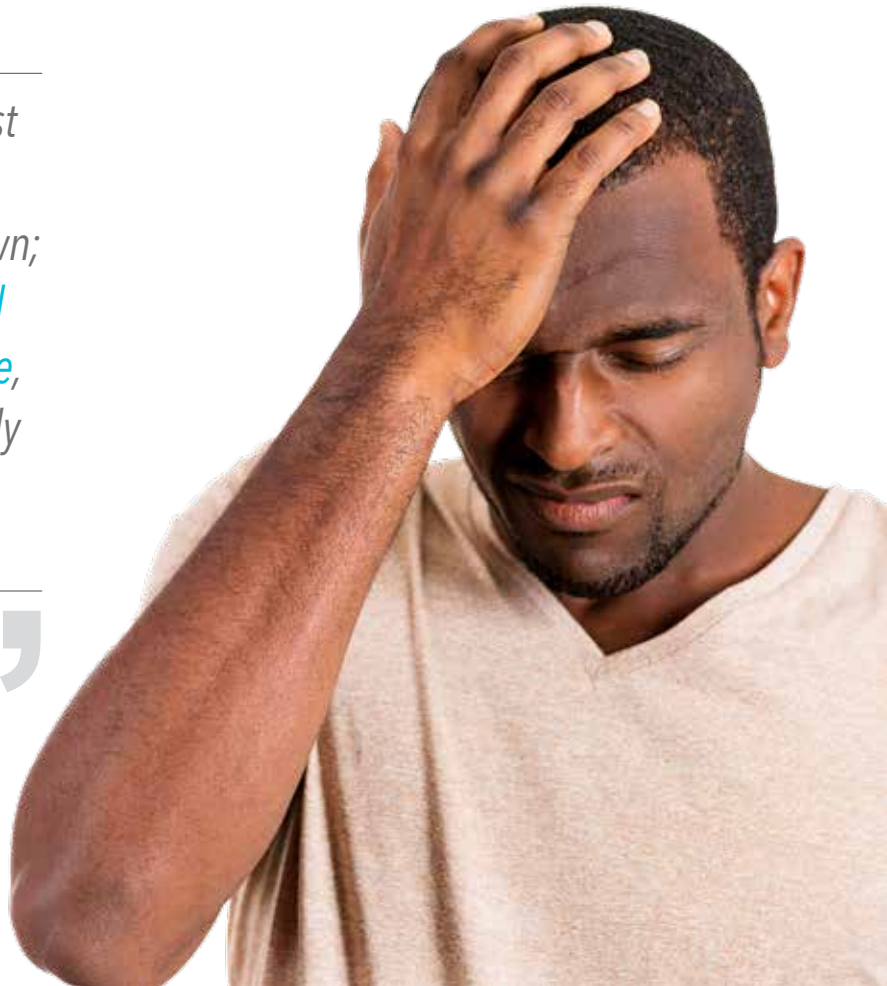
3 markers of PTSD are:

- 1 Flashbacks
- 2 Nightmares
- 3 Extreme triggerability (reminders of the trauma will put cause the person to experience it all over again)

“

*It helps many people just to have someone listen and write their story down; if their suffering is **noted somewhere, by someone**, then they can more easily let loose of it because they know where it is.*

*-**DAOUD HARI, THE TRANSLATOR***”





Grounding Techniques

Choose one or two techniques from each category to use when you feel anxious.

Mental Distraction Techniques

- ★ Count backwards from 100 by 3s, 6s, or 7s or count up by prime numbers or perfect squares
- ★ Sing "Row, Row, Row Your Boat" leaving a word off the end each time
- ★ Make an acronym out of your name with each letter describing one of your character qualities
- ★ Describe something you enjoy doing (cooking a favorite dish, planting a garden, etc) in detail
- ★ Watch children's videos on YouTube or other website or DVD
- ★ Look at a current news article that is not likely to be upsetting or distressing
- ★ Distract yourself with Tetris, Solitaire, Sudoku, word searches, or other puzzle games

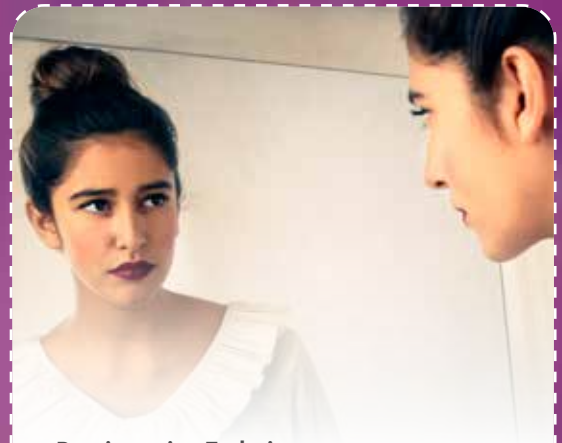


“

*He calms the storm,
so that its waves are still.*

—PSALM 107:29

”



Reorientation Techniques

- ★ List reaffirming statements: "I'm fine. God is good. I'll make it through."
- ★ Quote your favorite Bible verses out loud
- ★ Describe your surroundings in detail, including sights, sounds, smells, and temperature
- ★ Think about a fun time that you recently had with a friend or call that friend and ask them to talk about it with you

“

You miss 100 percent of the shots you don't take.

—WAYNE GRETZKY

”

Sensory-Based Techniques

- ★ Run cool or warm water over your hands or take a cool or warm bath or shower
- ★ Spray yourself with your favorite perfume and focus on the scent
- ★ Feel the weight of your body in your chair or on the floor
- ★ Play with a fidget toy, jewelry, or a tiny plushy
- ★ Bite into a lemon, orange, or lime, suck on a sour or minty candy or an ice cube
- ★ Drink a warm or cool drink
- ★ Place a cool wash cloth on your face or hold something cold like a can of soda
- ★ Dance to soothing music
- ★ Hug another person
- ★ Try using a weighted blanket



Movement-Based Grounding Techniques

- ★ Breathe deeply and slowly and count your breaths
- ★ Grab tightly onto your chair or press your feet against the ground as firmly as you can
- ★ Rub your palms and clap your hands or wiggle your toes within your socks
- ★ Stretch out your arms or legs, roll your head on your neck, or clench and unclench your fists
- ★ Stomp your feet, walk around, run, jump, ride a bike, or do jumping jacks
- ★ Squeeze a pillow, stuffed animal, or ball
- ★ Play with a pet
- ★ Color a coloring book, finger paint, or draw anything that comes
- ★ Pop bubble wrap or blow and pop actual bubbles
- ★ Dig in the dirt or garden, jump on a pile of leaves, or splash around in puddles or mud

Generalized Anxiety Disorder

GAD (generalized anxiety disorder): Characterized by excessive, ongoing anxiety and worry that interfere with daily activities.

Symptoms:

- ★ Worry that is disproportionate to the actual concern involved
- ★ Overthinking plans and preparing for all the worst-case outcomes
- ★ Difficulty with uncertainty
- ★ Inability to relax
- ★ Difficulty concentrating
- ★ Physical symptoms, including insomnia, muscle tension, trembling, easy startle reflex, sweating, and/or irritability



Test Your Knowledge

Commit to _____,
unless you have evidence that something
might happen.

“

*Anxiety keeps me awake at night; it keeps me as a **prisoner** in my home. Anxiety makes me feel like a **failure**; it has taken away my self-worth. Anxiety makes me feel **uncomfortable** and **nervous**. Anxiety has taken away my friends, family, opportunities, my life.*

—UNKNOWN

”

Panic Disorder

A **panic attack** is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Check any that you've experienced:

Symptoms:

- ★ Heart palpitations
- ★ Shortness of breath
- ★ Sweating
- ★ Shaking
- ★ Numbness
- ★ Throat tightness
- ★ Chills
- ★ Hot flashes
- ★ Nausea
- ★ Abdominal cramping
- ★ Chest pain
- ★ Dizziness
- ★ Feeling of impending doom
- ★ Dissociation

Possible treatments include: Counseling, breathing techniques, cognitive behavioral therapy, and medication.

Test Your Knowledge

One of the worst things about having a panic attack is the _____ that you'll have another one.





Breathing Technique

The purpose of this technique is to slow down and deepen the breathing to increase oxygen saturation of the brain and to calm the limbic system. It can be used any time of any day in almost any circumstance without anyone noticing.

- 1 Sitting comfortably, begin breathing deeply and slowly while counting.
- 2 To create resistance, purse the lips as if you're breathing through a very thin straw. Some like to inhale and exhale through the "straw," others like to inhale through the nose and exhale through the "straw."
- 3 Inhale to the count of six, hold for two, and exhale to the count of eight, with each count being about a second.
- 4 As you are able, slow your breathing down further.

“

Remember to breathe. It is after all, the secret of life.

—GREGORY MAGUIRE

”



Agoraphobia

Agoraphobia: The fear or avoidance of situations that may cause a panic attack.

Test Your Knowledge

1 One of the most important things for individuals with agoraphobia is to understand that the panic attacks will not kill them. _____ of the feelings of fear actually helps with managing and overcoming the fear.

2 A lifestyle of _____ is the determined, steady willingness to face our fears rather than avoid them.

“

*One of the greatest discoveries a man makes, one of his great surprises, is to find **he can do** what he was afraid he couldn't do.*

—HENRY FORD

”

Obsessive Compulsive Disorder

OCD (Obsessive compulsive disorder): An anxiety-related disorder that features a pattern of unreasonable thoughts and fears—called *obsessions*—leading a person to engage in repetitive behaviors—called *compulsions*.

Test Your Knowledge

1 What a person with OCD really fears more than germs or cracks, is the _____ about the germs and cracks.



Exposure and response prevention (ERP):

The individual accepts the invasive thought, then refrains from compulsions, self-observing and taking note that the anxiety caused by the thought isn't really intolerable.

Acceptance and commitment therapy (ACT):

The individual fully accepts the invasive thoughts, then commits to acting on the basis of individual values rather than letting fear be the primary motivation.

2 *The treatment of OCD seems to begin with the _____ of the invasive thoughts, instead of avoidance.*

Other Anxiety Disorders

- 1 **Separation Anxiety Disorder:** More prevalent in children; features extreme fear of being separated from a loved one.
- 2 **Selective Mutism:** Also more prevalent in children; features losing the ability to speak in anxiety-provoking situations.
- 3 **Substance/Medication-Induced Anxiety Disorder:** Can develop as the result of street or prescription drugs.
- 4 **Anxiety Disorder Due to Another Medical Condition:** Anxiety caused by another health issue.

 **Test Your Knowledge**

It is essential to reason from cause to effect, and remove the _____ as much as possible.

“

*I don't believe you have to be better than everybody else. I believe you have to be **better** than you ever thought you could be.*

—KEN VENTURI

”



 **Reflect**

1 *When does anxiety go from normal to unhealthy? Can you give a personal example?*

2 *Which part of the nervous system seems to work better for you personally—the sympathetic (activation) or the parasympathetic (rest)?*

3 *Research shows that social engagement calms anxiety. Who are the safe people in your life?*

4 *On a scale of 1 to 10, what is your optimism level that this course will help you?*

(very doubtful) 0 1 2 3 4 5 6 7 8 9 10 (100% sure)

5 *Did you relate to any of the disorders we covered? If so, which ones?*

6 *Have you developed a pattern of avoidance in order to cope with anxiety? What do you avoid?*

7 *Have you experienced dissociation, “going somewhere else,” due to anxiety? If so, please describe the experience.*

8 *Name a time you felt hopeful you’d rise above the bad experiences of life.*

9 Have you ever had a panic attack? How did you feel? How long did it take to resolve?

10 What is the difference between fearlessness and courage?

11 Do you have any invasive thoughts or compulsions?

12 What's something you do to help yourself calm down??

 **Action Steps**

- 1** Use the *Breathing Technique* every day for 5-10 minutes, upon arising (see *p. 19*).
- 2** Engage in at least one *Social Stretches* per day (for ideas, see *p. 13*).
- 3** Use *Grounding Techniques* as needed to help cope with anxiety (see *pp. 15-16*).







SESSION 2

UNDERSTANDING DEPRESSION

"I believe that everyone experiences depression to some degree at some time in their lives. And there are probably millions of people who live with a low level of sadness and heaviness day in and day out." –Joyce Meyer

Intro to Depression

Someone asked, "How do you know the staff from the patients in a hospital psychiatric unit?" Someone else said, "The patients get better and leave." But you know, that's what we hope. That people will get better.

Test Your Knowledge

In 2017, the World Health Organization issued what it called a "wake up call" to mental health professionals around the world. Depression, the WHO reported, is now the leading cause of disability in the _____.

A man walked into a doctor's office and explained that he'd become depressed. "Life seems harsh and cruel," he said, "I feel all alone in a threatening world." The doctor said, "Hey, I know an easy fix. There's a clown performing

in town tonight. Go to the show, he'll cheer you up!" The man said, "Doctor, I am that clown."

Perhaps the reason we see a rise in depression is because the remedies we've relied upon in the past aren't working anymore. But fortunately, there are time-tested, scientifically-validated treatments that work. What we've done in this course is to pull them all together into one experience that could turn your life around.



Understanding Depression

Clinical depression is “a mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite, sleeping more or sleeping less than usual, feelings of dejection and hopelessness, and sometimes suicidal tendencies.” –Merriam Webster

Test Your Knowledge

1 In short, it is a _____ but _____ mood disorder causing severe symptoms that affect how you _____, _____, and handle daily _____, such as sleeping, eating or working.

2 There are several theories about the physiology of depression. Circle the ones that apply:

- a It involves brain chemicals called neurotransmitters.
- b Aliens hijacked some people's brains and replaced them with silly putty.

- c The neurotransmitter serotonin seems to be involved.
- d The ear canals of depressed people are too wide and naughty children put sadness drugs in them at night.
- e Altered circadian rhythms affect serotonin and other brain chemicals and systems.
- f The amygdala, prefrontal cortex, and hippocampus may be involved.
- g There is only one theory of the physiology of depression that is true.
- h Everyone is depressed. Happy people are faking.

3 There are various psychological theories about depression. Circle the ones that apply:

- a Depression often stems from emotional problems such as repressed hatred, anger, rage, and resentment.
- b The spiritual component of depression is very real.
- c Depression has nothing to do with psychology, relationships, thinking, or emotions. It's just a chemical imbalance, so give me the right drugs and I'll be fine.

Major Depressive Disorder

Test Your Knowledge

1 Major depressive disorder is the most commonly-diagnosed depression-related disorder at a lifetime prevalence of just over _____% in the U.S.

2 What are some of the symptoms of depression? Circle all that apply to you:

- a Depressed mood most of the day, every day
- b Diminished interest in activities that bring pleasure
- c Significant weight loss or weight gain
- d Insomnia or hypersomnia
- e Physical movements either agitated or slow
- f Fatigue or loss of energy
- g Feelings of worthlessness
- h Loss of focus
- i Excessive or inappropriate guilt
- j Sometimes, recurrent thoughts of death

3 To qualify as a diagnosis, the individual must have at least five of these symptoms, and they must cause marked impairment in functioning, and they must last at least _____ weeks.





Event-Mood-Thought Record

DATE/TIME	EVENT Describe the event or circumstance.	MOOD Describe your feelings (sad, anxious, angry, hopeless, etc.). Rate the intensity from 0-100% scale.	THOUGHT What are you thinking?

“

I am now the most miserable man living. If what I feel equally distributed to the whole human family, there would not be one cheerful face on the earth.

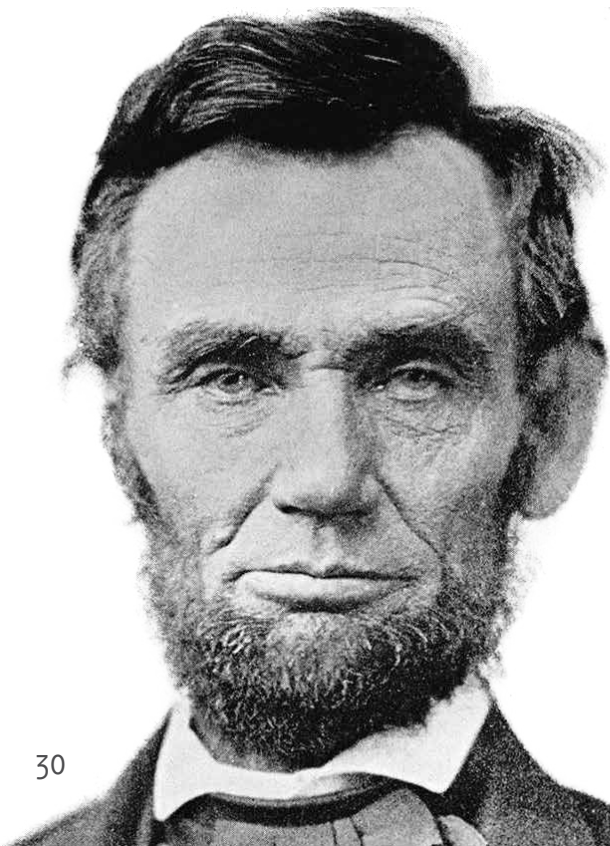
—ABRAHAM LINCOLN

”

Persistent Depressive Disorder

Test Your Knowledge

- 1 What are some of the symptoms of persistent depressive disorder? Circle all that apply to you:
 - a Depressed mood most of the day, more days than not, for at least two years
 - b Poor appetite or overeating
 - c Insomnia or hypersomnia
 - d Low energy or fatigue
 - e Low self-esteem
 - f Difficulty focusing or making decisions
 - g Feelings of hopelessness
 - h Anticholinergic drugs used to treat irritable bowel
- 2 God says he will do a _____ thing and make rivers in the desert. Isaiah 43:19



Substance Induced Depressive Disorder

 **Test Your Knowledge**

1 Some medications can cause mood problems as side effects. Circle all that apply:

- a Beta-blockers
- b Corticosteroids
- c Benzodiazepines
- d Parkinson's drugs
- e Drugs that affect hormone levels
- f Multivitamins
- g Stimulants such as ADHD medications
- h Anticonvulsants
- i Vitamin D
- j Proton pump inhibitors
- k Statins for lowering cholesterol
- l Anticholinergic drugs used to treat irritable bowel

2 Some illnesses can contribute to depression.

Circle all that apply:

- a Stroke
- b Parkinson's
- c Traumatic brain injuries
- d Spring fever
- e HIV
- f Lyme disease
- g Infectious laughter
- h Hepatitis C
- i Pancreatic cancer

3 Illegal drugs, marijuana and alcohol can also contribute to depression. How much of these do you consume, if any?



Post-Partum Depression

Test Your Knowledge

1 PPD often resolves on its own within the first _____ months after birth, but for those with persistent cases, counseling and medication are effective in the majority of cases.

2 Have you given birth? How many times? How did you feel for the three months following?

Pre-Menstrual Dysphoric Disorder

Test Your Knowledge

1 Women with PMDD experience, moodiness, anxiety or tension, and marked irritability or _____.

2 Mayo Clinic recommends several natural interventions for treating PMDD. Underline all that apply:

- a Calcium
- b B-6
- c Horse manure
- d Magnesium
- e L-tryptophan
- f Eating sugar by the spoonful
- g Chasteberry herb
- h Exercise
- i Online gaming
- j Reducing caffeine
- k Avoiding alcohol and smoking
- l Rest
- m Relaxation



Bipolar I Disorder

Test Your Knowledge

1 At one time bipolar disorder was called "manic depression" because it was characterized by fluctuations in mood that ranged from _____ to depression.

Bipolar disorder involves three potential features:

1 Manic episode:

- ★ A distinct period of abnormally inflated energy and goal-directed activity
- ★ Inflated self-esteem
- ★ Decreased need for sleep
- ★ Increased talkativeness
- ★ Racing thoughts
- ★ Distractibility
- ★ Risk-taking
- ★ Impairment in the ability to function

2 Hypomanic episode :

- ★ The same features as mania, but less severe and not causing functional impairment

3 Major depressive episode :

- ★ Depressed mood most of the day, nearly every day

- ★ Diminished interest in pleasure
- ★ Weight loss or weight gain
- ★ Insomnia or hypersomnia
- ★ Physical movements either agitated or slow
- ★ Fatigue or loss of energy
- ★ Feelings of worthlessness
- ★ Loss of focus
- ★ Sometimes, recurrent thoughts of death

2 In bipolar I, the individual typically fluctuates between mania and depression once or twice a year, but rapid-cycling bipolar can cause four or more mood swings per _____.

3 People with bipolar often don't stay on their medication because they enjoy the _____.

“

Behind every beautiful thing there is some kind of pain.

—**BOB DYLAND**

”

Bipolar II Disorder

Test Your Knowledge

1 Bipolar II involves fluctuations between hypo (low) mania and depression. Hypo mania is less severe than mania and causes less _____ impairment.

2 The manageability of bipolar can _____ over time, perhaps because people become wiser, more self-aware, and more realistic. Hang in there, it gets better.

“

Peace is such a precious jewel, that I would give anything for it but truth.

—MATTHEW HENRY

”

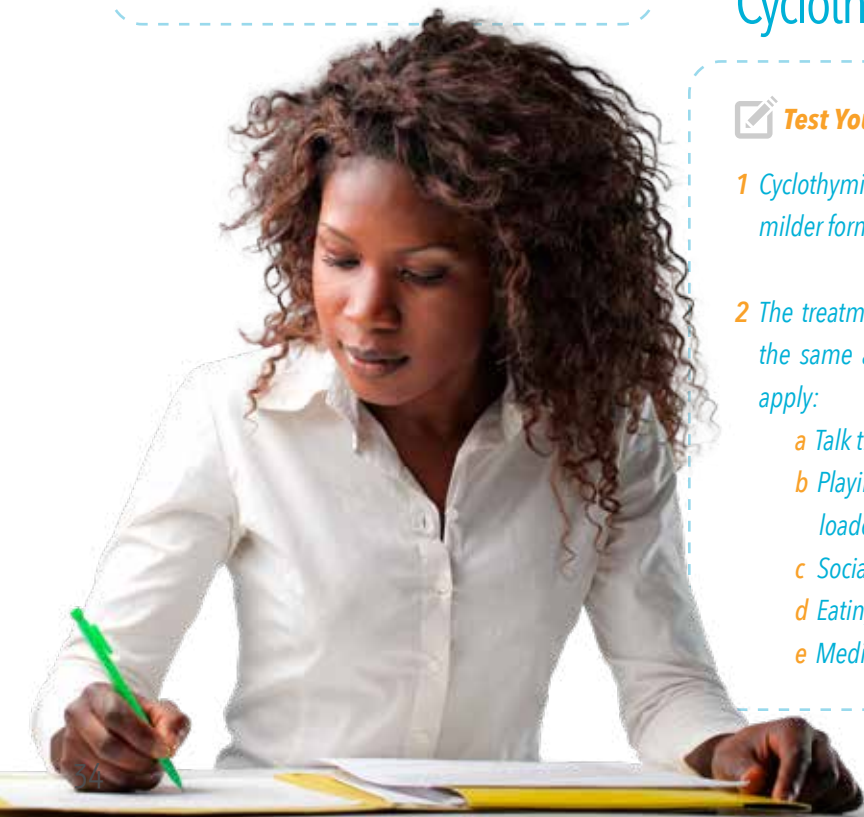
Cyclothymic Disorder

Test Your Knowledge

1 Cyclothymic disorder can be thought of as a milder form of _____.

2 The treatments for cyclothymic disorder are the same as for bipolar. Underline all that apply:

- a Talk therapy
- b Playing paintball with testosterone-loaded teenage boys
- c Social support
- d Eating plenty of chocolate
- e Medication



Other Bipolar Disorders

Test Your Knowledge

Bipolar often accompanies other conditions.

Underline all that apply:

- a ADHD*
- b Sunburn*
- c Anxiety disorders*
- d Substance disorders*
- e Dry skin*
- f Obesity and metabolic syndrome*
- g High blood pressure*
- h Insulin resistance*

Suicide

Suicidal behaviors are well-known to be more prevalent among individuals with bipolar I and II, rating as high as 80%.

“

*God knows you have your limits
And in time the pain will give
I'm only asking one thing, dear one
Live*

—**JENNIFER JILL SCHWIRZER**

”





T.I.P. M.A.P. for Suicide Prevention

We may assume that directly asking a depressed person about suicide is a bad idea. We may think that even mentioning it will plant the thought in their minds, such that the power of suggestion will lead them to the very thing we dread. This assumption is incorrect. Research shows that inquiry about suicide helps prevent it. With each "yes," move on to the next question. Then rate the level of danger and act appropriately. You could save a life!

- 1 Thought:** "Have you ever thought about taking your life?"
- 2 Intent:** "Is this something you intend to follow through on?"
- 3 Plan:** "Have you actually planned how you would do it?"
- 4 Means:** "Have you thought about how to get the means you would use?"
- 5 Access:** "Do you have ready access to those things?"
- 6 Past:** "Have you tried to do this kind of thing in the past?"

If the only "yes" is to thoughts, or suicidal ideation, urge the person to get professional counseling. Tell them depression can be treated, and that their suffering can be helped. Encourage them!

If "intent" comes into the picture, you have a serious problem. Any other "yes" answers mean the problem is even more serious. Here are the steps to handling suicidal people:

- 1** Contract with the person. Have them write a simple statement of agreement to refrain from self-harm for a specific period of time. The reason for the specific period is that most people are willing to postpone for a time, but some may not be willing to postpone indefinitely: "I, _____, agree to refrain from any act of self-harm for the next two weeks."
- 2** During that period of time, do all you can to connect the person with a mental health provider who can treat them for depression. Many people overcome depression and suicidality. Encourage them that this is a fixable situation and that there are people trained to help them. Then call the local crisis

center—put “crisis center” and the name of the town in the search engine. Call that number, tell them the situation, and ask for direction.

- 3 The best way to stabilize a person is often reflective listening. When they comment, repeat back to them in your own words what you heard them say. Feeling understood will help calm them and increase your influence upon them.
- 4 If a suicidal person refuses to comply, let them know that you can't allow them to go untreated. Tell them you care enough about them to have them involuntarily admitted. This is done by simply calling the 911 emergency hotline and reporting

the suicidal person. Let them know that if they haven't gotten help by the end of the contract mentioned in #1, you may have to follow through on this.

- 5 Call the national suicide hotline number (below) or go to yourlifeyourvoice.org for coaching through the situation.

If you have considered, or are considering suicide, please seek help. This course is a good start, but you also need human support through this crisis. The National Suicide Prevention Lifeline is 800-273-8255. Call them now, and then work with them to find professional help to see you through.





 **Reflect**

1 Did you relate to any of the disorders we covered in this lesson? If so, which ones?

2 Have you turned to unhealthy means of trying to manage mood? What are those means?

3 Is depression physical? Psychological? Spiritual? The answer is

4 Do you see depression as a character flaw, an illness, a problem to be solved, or something else?

5 What was the happiest time of your life?

6 What are the major life events that have triggered your saddest feelings?

7 Are there any benefits to sadness that you can see?

8 How does lifting the stigma on disorders such as depression help people?

9 Do you typically admit your struggles, or do you tend to hide them?

10 Does discussing suicidal thoughts frankly increase the danger of suicide or decrease it?

 **Action Steps**

- 1 Use the *Breathing Technique* every day for 5–10 minutes, upon arising (see *p. 19*).
- 2 Engage in at least one *Social Stretches* per day (for ideas, see *p. 13*).
- 3 Use *Grounding Techniques* as needed to help cope with anxiety (see *pp. 15–16*).
- 4 Begin using the *Event-Mood-Thought Record* (see *p. 70*).



“

Although the world is full of suffering, it is also full of the overcoming of it.

—HELEN KELLER

”





SESSION 3

TREATING THE BODY PART I

"Healing is a matter of time; but it is also sometimes a matter of opportunity."

—Hippocrates

Introduction to Treating the Body

Anything we do to take care of our bodies will positively affect our brain and nervous system.

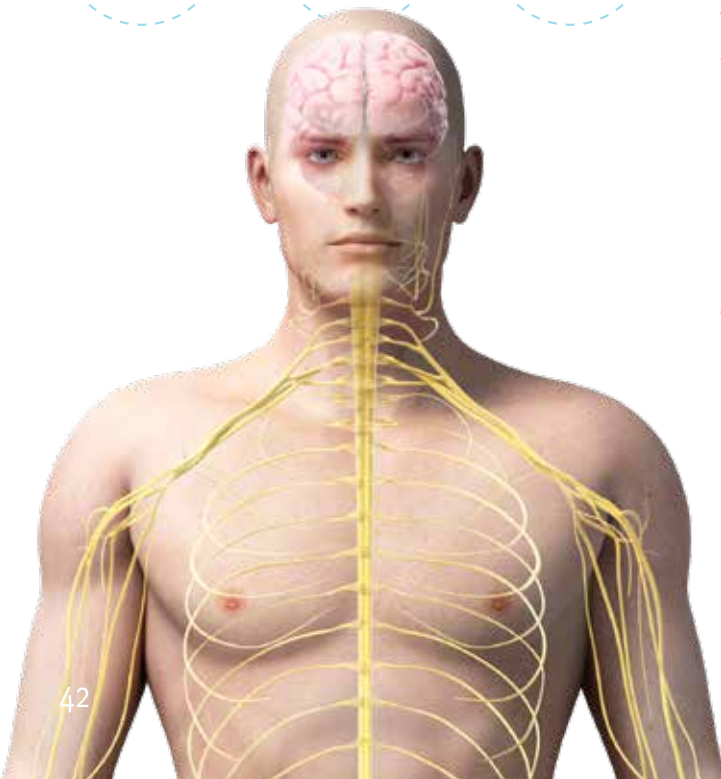


Test Your Knowledge

- 1 _____ health: *The gift of health; the intrinsic strength of our constitution.*
- 2 _____ health: *Earned health; what we do to maintain and enhance our alpha health*

The 8 Laws of Health

- 1 Pure air
- 2 Sunlight
- 3 Temperance
- 4 Rest
- 5 Exercise
- 6 Proper diet
- 7 Water
- 8 Trust



Pure Air

Test Your Knowledge

- 1 *Did you know?: _____ purify our air by helping to remove particulate matter. They take in air, filter it, and then release it—all cleaned up—back into the atmosphere.*
- 2 *Two Kinds of Breathing:*
 - a _____ breathing:
Unconscious breathing
 - b _____ breathing:
Conscious breathing, which is beneficial to regulating emotions and calming

“

High levels of air pollution may damage children’s cognitive abilities, increase adults’ risk of cognitive decline, and possibly even contribute to depression.

—**AMERICAN PSYCHOLOGICAL ASSOCIATION**

”

Sunlight

Anything we do to take care of our bodies will positively affect our brain and nervous system.

Test Your Knowledge

- 1 *Low serotonin levels in the brain, which are linked to anxiety and depression, have been linked to _____ deficiency.*
- 2 *Exposure to bright light within _____ minutes of waking up in the morning gives the brain a serotonin boost, which later turns into melatonin and helps us go to sleep at night.*

FIND YOURSELF A HAPPY LIGHT

Do a google search of “happy light” or “10,000 lux light” and you’ll find plenty of options. You shouldn’t have to pay more than \$100.



Temperance

Test Your Knowledge

- 1 Temperance is abstaining from what is harmful and using in moderation what is _____.
- 2 Alcohol: It disrupts the delicate balance of _____ in the brain, lowering serotonin, among other things. It can also increase your heart rate, which can lead to anxiety. While people often use alcohol to curb anxiety, it tends to _____ anxiety and mood problems in the long run.



Caffeine: The stimulation that caffeine provides brings with it anxiety, mood problems, and insomnia.

Overeating, overworking, over-exercising: Doing anything immoderately can cause physical problems that lead to mental health issues.

“

There was never a child so lovely but his mother was glad to get him to sleep.

—RALPH WALDO EMERSON

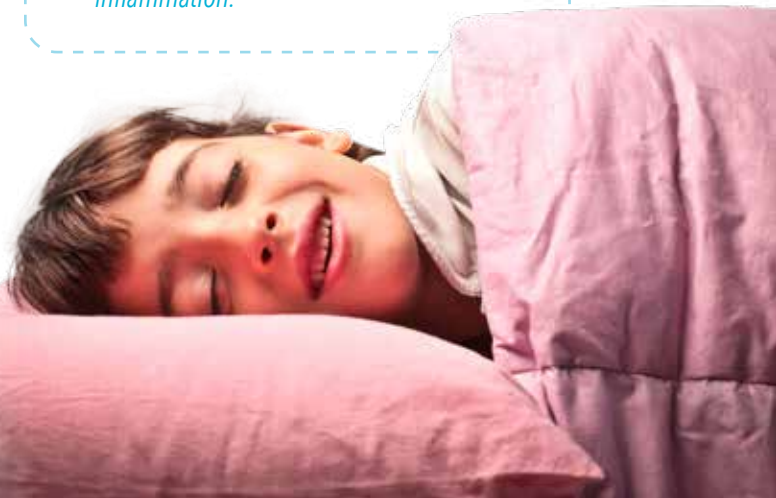
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Rest

Rest: An instance or period of relaxing or ceasing to engage in strenuous or stressful activity.

Test Your Knowledge

- 1 During _____, the body does many things to regenerate itself. For example, the brain consolidates memories during sleep and the body produces growth hormones and natural steroids that help reduce inflammation.



As the body cycles through sleep stages, each of which lasts about 90-120 minutes:

Stage 1: Brain waves slow down as the person passes in and out of consciousness.

Stage 2: Heartbeat and breathing slow down as sleep begins to deepen.

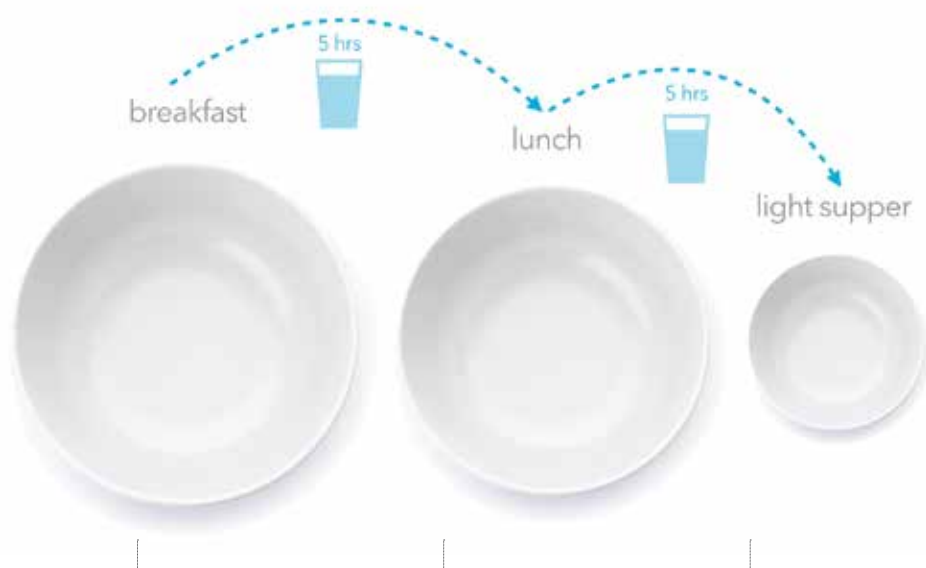
Stage 3 & 4: The brain waves, heart rate, and breathing slow down significantly.

Stage 5 (REM Sleep): The person passes in and out of REM sleep throughout the night, and the brain becomes almost as active as when awake.

2 *The American Academy of Sleep Medicine and Sleep Research Society in 2015 recommended between ____ to ____ hours of sleep per night.*

3 *Gut-brain axis: The connection between the _____ and mental health.*

It's important to give your stomach periods of rest. Ideally, you would eat a large breakfast consisting of one-third of the day's calories. Then, give your stomach rest for about five hours before eating a large mid-day meal. Dinner should be around five hours later and three hours before bedtime, and it should be light, consisting of fruit, toast, soup, or a smoothie.





Sleep Strategies

Do you have trouble falling and staying asleep? Here are some tips that may help.

- 1 Regulate your schedule as much as possible to help set your circadian clock. Try to sleep and wake at roughly the same time each day.
- 2 Get bright light exposure as soon as you can after arising. This boosts brain serotonin, which becomes sleep-inducing melatonin later in the day.
- 3 Don't eat before bed. Ideally, you should eat your last meal at least three hours before bedtime, and even more ideally it should be a lighter meal.
- 4 Make sure you sleep in a bed that is only used for sleeping and sex so that your brain doesn't develop an association with the bed and, say, eating or watching action movies.
- 5 Make sure the room is the right temperature. Too cold or too hot can keep you awake.
- 6 Try deep breathing. We've provided a **Breathing Technique** (see p. 19) to guide you through deep breathing. This is an excellent time to use it!
- 7 Systematic relaxation can help. Tense your feet as tightly as you can, then relax. Then progress to your calves, then thighs, then buttocks, then abdomen, then shoulders and chest, then neck, then face.
- 8 Don't stress about not sleeping. Your body will get enough sleep eventually. If you can't sleep, get up, sit in another place, and read or do other activity until you feel fatigued. Then go back to bed.
- 9 White noise can help by blocking out noises that might wake you. You can simply download a white noise app on your phone, or you can buy a special machine.
- 10 Don't toss and turn. Get comfortable, and make yourself stay there. Each time you

toss you change your brain waves and set yourself back. Try staying put.

- 11** Avoid caffeine completely, or at least from noon on to start with, as it is a nervous system stimulant and can keep you awake.
- 12** Don't drink alcohol before bed to relax! It may initially relax you but it apparently disrupts the second stage of sleep.
- 13** Try gentle sleep and relaxation aids like chamomile, melatonin, valerian and lavender. Always check with your doctor to make sure these things are the right fit for you.

“

Don't try to solve serious matters in the middle of the night.

– PHILIP DICK

”





 **Reflect**

1 Do you live in the country or city? Do you have trees around where you live? Do you feel you get sufficient, high-quality air?

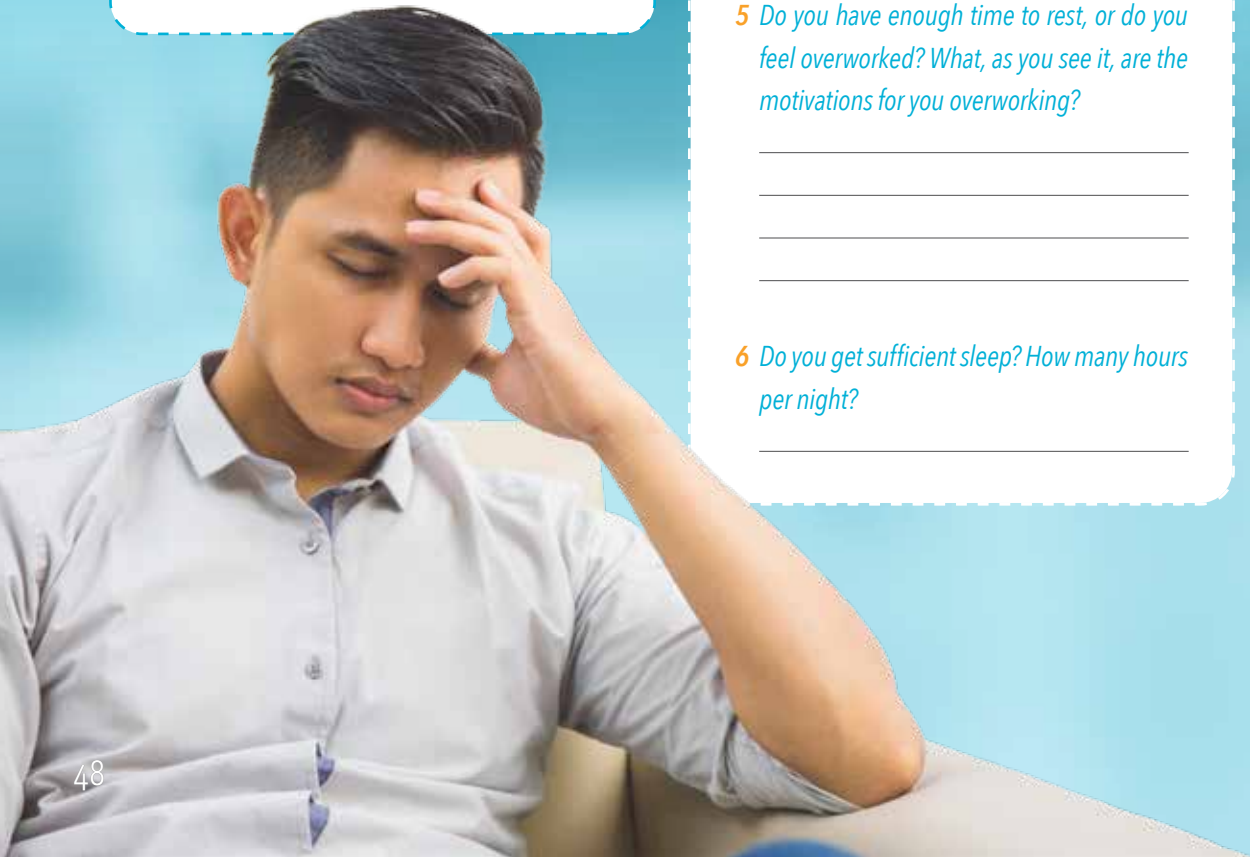
2 How much bright light do you get, and at what time of the day?

3 Is your general schedule in sync with the circadian rhythm of the earth, or are you up late at night and/or sleeping late in the day?

4 Have you ever heard of the negative effects of caffeine on anxiety? Are you willing to cut down or, better yet, eliminate caffeine from your life?

5 Do you have enough time to rest, or do you feel overworked? What, as you see it, are the motivations for you overworking?

6 Do you get sufficient sleep? How many hours per night?





Action Steps

- 1 Continue to use the *Breathing Technique* every day for 5–10 minutes, upon arising (see p. 19).
- 2 Continue to engage in *Social Stretches* (for ideas, see p. 13).
- 3 Use *Grounding Techniques* as needed to help cope with anxiety (see pp. 15–16).
- 4 Continue using *Event-Mood-Thought Record* (see p. 70).
- 5 Walk 3–5 times this week in an area with trees (if possible).

- 6 A good time to walk is first thing in the morning—within 20 minutes of waking up. If this isn't possible, try 10 minutes of bright light or light box exposure within 20 minutes of waking up.
- 7 If you're a heavy caffeine consumer, cut down the amount to half your normal intake. If you're a light caffeine consumer, try eliminating it altogether. The goal is to eliminate or consume very sparingly.
- 8 Get to bed by 10 in the evening and wake up between five and seven o'clock in the morning. If you have insomnia, refer to *Sleep Strategies* (see pp. 46–47).

“

Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

—ELEANOR BROWN

”





SESSION 4

TREATING THE BODY PART II

"It's not enough just to limit ads for foods that aren't healthy. It's also going to be critical to increase marketing for foods that are healthy." –Michelle Obama

“

You don't have to become a marathon runner to benefit your brain. The mainstay of exercise is simple, brisk walking.

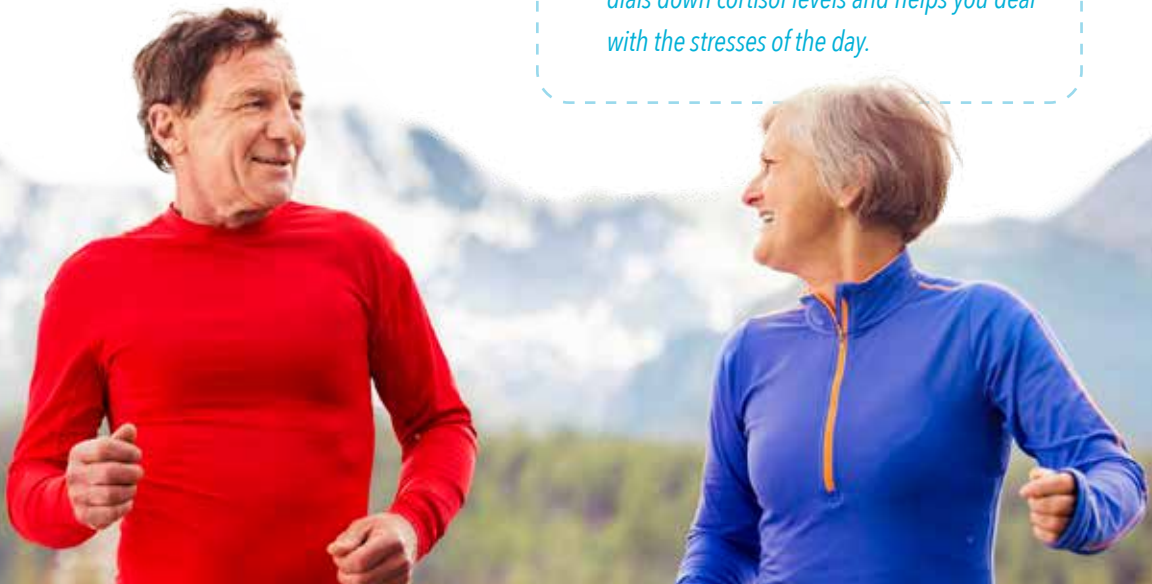
–JOHN RATEY

”

Exercise

Test Your Knowledge

- 1 To be optimally healthy in body, mind, and spirit, we need periods of _____ and periods of _____.
- 2 More than any other part of you, exercise impacts the _____, boosting things like memory, focus, and motivation.
- 3 Exercise, particularly in the _____, dials down cortisol levels and helps you deal with the stresses of the day.





Nothing will *benefit human health* and increase the chances for *survival of life on Earth* as much as the evolution to a vegetarian diet.

—ALBERT EINSTEIN



Proper Diet

When you're shopping for food, choose:

- ★ Fewer processed foods
- ★ Fewer animal foods
- ★ More whole plant foods

Test Your Knowledge

- 1 Diets with low intake of omega-3 fatty acids, low in fruits and vegetables, and high in refined sugar and processed foods showed the most increased risk for _____.
- 2 Diets high in plant foods and unprocessed grains, with only small amounts of _____, such as the Mediterranean and Japanese diets, show a substantially lower risk of depression—up to 35%.
- 3 _____ has been linked to depression and anxiety. Literature also shows impaired memory and learning.
- 4 Underline the mood-helping foods:
 - a Whole grains
 - b Fruits
 - c Vegetables
 - d Omega-3 fatty acids
 - e Ben & Jerry's "Chubby Hubby" peanutty fudge-covered pretzel ice cream

Water

Test Your Knowledge

- 1 *The body needs about ____ quarts of water a day to operate efficiently.*
- 2 *A good way to monitor hydration is to observe the color of your urine. It should be the color _____, (Note: Supplements can affect the color of urine.)*

In a 2012 study, even mildly dehydrated men and women suffered reduction in cognitive skills and mood, women suffering even more.

Thirst is not a reliable indicator of water need. We should drink enough water to quench our thirst, plus about one-third more.

“

*No water, no life.
No blue, no green.*

—SYLVIA EARLE

”

Hydrotherapy (water therapy) has been shown to decrease stress hormones and raise serotonin levels.

Hydrotherapy at home (Always check with your doctor first!):

- 1 Take a hot shower for three minutes.
- 2 Turn the water to cold for 30 seconds.
- 3 Repeat two more times.



Trust

 **Test Your Knowledge**

- 1 The first step in our healing journey, and a step we repeat every day of our lives, is giving up on _____ and learning to depend on _____.
- 2 God wants to arouse us, get our attention, and then get us to examine the perceived threat. What will we find? That He is _____.
- 3 The Bible's route to a cure for anxiety is through redirecting our anxieties to the _____ who can ultimately calm our fears.

“

*Faith is taking the **first step** even when you don't see the whole staircase.*

—**JOHN RATEY**

”

“

*There is no fear in love, but perfect love **drives out fear.***

—**1 JOHN 4:18 NIV**

”





Relaxation Technique

This simple exercise should noticeably relax and yet invigorate you, and if used faithfully should work as well as a pill to ward off a panic attack or other experience of anxiety.

Sitting comfortably, begin breathing deeply and slowly while counting. To create resistance, purse the lips as if you're breathing through a very thin straw. Some like to inhale and exhale through the "straw," others like to inhale through the nose and exhale through the "straw." Inhale to the count of six, hold for two, and exhale to the count of eight, with each count being about a second. As you are able, slow your breathing down further.

Next, you'll gradually tense and release all the muscles in your body.

- 1 Tense the muscles while inhaling.
- 2 Release the muscles while exhaling.
- 3 Use the following sequence: Right foot, right lower leg and foot, entire right leg, left foot, left lower leg and foot, entire left leg, right hand, right forearm and hand, entire right arm, left hand, left forearm and hand, entire left arm, abdomen, chest, neck and shoulders.

“

*Surrender to what is.
Let go of what was.
Have faith in what will be.*

—SONIA RICOTTI

”



“
*Tension is who you think you should be.
Relaxation is who you are.*
”

—MARTIN SELIGMAN



 **Reflect**

1 Do you notice a difference in your mood and well-being when you exercise? What form(s) of exercise do you do?

2 What percentage of your diet would you say is whole plant foods?

3 How many glasses of water do you think you drink per day?

4 What does it mean to you to trust God? Do you trust Him (a) all of the time; (b) some of the time; (c) never

5 Share the most beautiful "God moment" you've had in your life.

WELLNESS

HEALTH

EXERCISE

NUTRITION

Wellness road

REST

POSITIVE THINKING

Life river





Action Steps

- 1** Continue to use the *Breathing Technique* every day for 5–10 minutes, upon arising (see p. 19).
- 2** Continue to engage in *Social Stretches* (for ideas, see p. 13).
- 3** Use *Grounding Techniques* as needed to help cope with anxiety (see pp. 15–16).
- 4** Continue using *Event-Mood-Thought Record* (see p. 70).
- 5** Continue to walk 3–5 times this week in an area with trees (if possible).
- 6** Continue to get bright light exposure, early in the morning if possible.
- 7** Continue to reduce or eliminate caffeine.
- 8** Continue to get to bed by 10 in the evening and wake up between five and seven o'clock in the morning.
- 9** Increase your whole plant food consumption by 30%.
- 10** Start eating a large breakfast each day, using whole grains and some form of protein.
- 11** Drink at least eight glasses of water per day, every day.
- 12** During your morning walk time, talk to God, telling Him your cares and asking for His blessing. Your morning ritual should be: breathing, sunshine, and walking/prayer time.

“

*Keep your vitality.
A life without health is like a river without water.*

—MAXIME LAGACÉ

”





SESSION 5

TREATING THE MIND

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” –Thomas Jefferson

Treating the Mind

Ask yourself: Can you change the way you think?

Test Your Knowledge

- 1 Those lost in a sea of anxiety often feel at the whim of a force stronger than themselves. But our God-given _____, fortified by divine power, can change all that.
- 2 Circle the answer you believe about yourself:
I can / can't change!
- 3 Which of the following is “the way we think about what happened”?
 - a Cognitive processing
 - b Dissonant processing
 - c Inherent processing
- 4 Once we think accurately about something, it tends to stabilize our _____ about that thing.

Mind Change Basics

The process of change is a power dilemma, especially when habits are so deeply entrenched.



*If the **thoughts** are wrong, the **feelings** will be wrong, and the thoughts and feelings make up the **moral character**... If you yield to your impressions and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the **most unhappy** of mortals.*

–ELLEN WHITE



“

Don't believe everything you read on the Internet.

—“**ABRAHAM LINCOLN**”

”

Find, Argue, and Replace

In helping manage our thoughts, we must learn how to replace them with more truthful, rational, and peace-promoting thoughts. The **F.A.R.** (Find, Argue, and Replace) exercise will move your distorted thoughts far from you. And because it's easy to remember, you can use it in the moment of need.

To prepare, go through the [Distorted Thoughts Worksheet](#) on the next page to acquaint yourself with your personal distorted thought style tendencies.





Distorted Thoughts Worksheet

After each entry rate from 0 to 10 your level of participation (10 being the most). After that, give an example from your own experience.

★ **Catastrophizing:** _____

You think that past, present and/or future events will be awful and unbearable. "If I don't get an A, it will be horrible!"

★ **Personalizing:** _____

You take an undue amount of responsibility upon yourself. "If I looked better, my husband wouldn't be into pornography."

★ **Mind Reading:** _____

You assume that your intuitions never misfire and that you know what people are thinking about you without evidence. "I can tell they hated my lecture."

★ **Mind Reading:** _____

You assume that your intuitions never misfire and that you know what people are thinking about you without evidence. "I can tell they hated my lecture."

★ **Fortunetelling:** _____

You assume the past is entirely predictive of the future, rather than allowing for change. "I failed in that relationship, so I must not have what it takes."

★ **Judgment focus:** _____

You view events, situations or people completely in terms of how they measure against some arbitrary standard, rather than just seeing things for what they are. "He's too talkative and people don't like him because of it."

★ **Dichotomous Thinking:** _____

You regard situations and people in all-or-nothing, black-and-white terms. "Either we have fun on this campout, or we don't!"

★ **Self-serving bias:** _____

You see all positive events as due to your goodness, and all negative events as outside your control. "People hate me because they're hateful, but when they love me, it's because I'm so awesome."

★ **Monsterifying:** _____

You exaggerate the wrongs of others, attributing to them a global pattern of evil for which you lack evidence. "She's wholly given over to evil and can't be trusted."

★ **Shoulds:** _____

You see people and events entirely in terms of ideals rather than reality. "People should be friendly and warm."

★ **Unfair comparisons:** _____

You view yourself in contrast to unrealistic standards. "If I'm not as smart as he is, I won't even try."

★ **Fallacy of fairness:** _____

You believe that everything must be measured on the basis of fairness and equality, and fail to accept the reality that things aren't always that way. "He cheated, so now I'll cheat."



★ **Self-inflation:** _____

You claim personal assets, achievements and abilities while lacking the courage to test your beliefs. "I'm a great singer. If I tried, I could be famous."

★ **Blaming:** _____

You project personal responsibility onto other people or circumstances. "If he had been kinder, I wouldn't have cheated. He made me do it!"

★ **Discounting positives:** _____

You perceive only the worst of past and present events and circumstances. "Everyone I've ever known has rejected me."

★ **Overidentifying:** _____

You see yourself entirely in terms of one trait or event. "My shyness makes me into a complete, antisocial reject."

★ **Supernaturalizing:** _____

You interpret events and circumstances too readily and confidently in terms of direct divine intervention. "People don't like me, so God must be judging me."

★ **Overvaluing:** _____

You attribute to others excessive authority or worth in contrast to yourself and/or others. "She always knows what's best for me. She's never wrong! I can't take a step without her."

★ **Regret orientation:** _____

You focus on past mishaps, assuming that they have been ruinous to your life. "If only I hadn't gotten that surgery!"

★ **Projecting:** _____

You see others through the lens of your own traits, assuming they share them. "Of course he was angry! I'd be angry!"

★ **Singling:** _____

You place yourself in position of complete contrast to others. "God's forgiveness is for everyone, but I'm too evil."

★ **Negative Filtering:** _____

You perceive only the worst of past and present events and circumstances. "Everyone I've ever known has rejected me."

★ **Overgeneralizing:** _____

You apply negative traits or actions to the entire person or situation. "My husband can't do anything right!"

★ **Labeling:** _____

A severe type of overgeneralization, labeling is the practice of labeling a person or other entity after having little exposure. "That day care center is child abuse central."

“

The most dangerous of all falsehoods is a slightly distorted truth.

—GEORG CHRISTOPH LICHTENBERG

”





F.A.R. Technique

This exercise is designed to assist in thought control, which helps stabilize mood and emotions. I've broken this process down into three main steps: Find, Argue and Replace, or "F.A.R." Use the Event-Mood-Thought Record table (see p. 70) to write them down.

Find

First, find or identify the triggering event or circumstance, such as, "My boss ignores me," or "Traffic jam."

Now, learn to identify your anxious or sad feelings and admit to yourself that you're feeling them. Use the list called **Feeling Words** (see p. 71).

Next, find the thoughts that underlie the feelings. These will be things like: "I will miss this deadline, lose my job, and live in poverty." Or "That person thinks they're better than me. I hate to be put down!" This will take more time and energy, even prayer.

Congratulations, you've accomplished the first step!

Argue

Learn to argue with yourself. Use the **Distorted Thoughts Worksheet** (see p. 64-67). In doing this, you are breaking up the fallow ground of your own thinking so that the seed of truth can take root. Tell yourself what's wrong with the way you're thinking: "I'm catastrophizing missing the deadline. I'm making it much worse than it is!" Or "Where is the evidence that person thinks they're better than you? You're mind reading. And you're also catastrophizing how bad it is to deal with an arrogant person." In this step, you're not beating yourself up so much as holding yourself accountable for the way you're treating yourself.

“

*Emotions make us human.
Denying them makes us
beasts.*

—VICTORIA KLEIN

”

Replace

Learn to replace misbeliefs with truth. Truth will be much more nuanced, complex and detailed than distorted thinking. If the distorted thought is, "My wife is an idiot and I can't stand it!" then the truth would be something like, "My wife gets distracted sometimes when too much is going on. She loses her concentration. Sometimes she makes mistakes, like locking the keys in the car or leaving the stove on all night. Most of the time, the mistakes aren't catastrophic. A few times they have caused inconvenience. But she's a PhD in Microbiology, so it's not that she lacks intelligence. I get frustrated with her, but her occasional flakiness isn't horrible, it's just irritating." Truth has shades of gray whereas distorted thinking tends to be very black and white, or extreme.





Event-Mood-Thought Record

FIND	ARGUE	REPLACE
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		
Event: Feeling word: Thought:		

Feeling Words

ANGRY

aggravated
annoyed
disgusted
enraged
exasperated
frustrated
furious
indignant
mad
outraged
upset
vengeful

ASHAMED

apologetic
embarrassed
foolish
guilty
humiliated
regretful
remorseful
vulnerable

CONFIDENT

bold
capable
eager
energized
focused
hopeful

inspired
optimistic
powerful
productive
strong

CONFUSED

baffled
bewildered
disoriented
flustered
perplexed
puzzled
scattered
troubled

HAPPY

amused
cheerful
delighted
ecstatic
elated
excited
joyful
mischievous

HURT

abandoned
bitter
disappointed
dismayed

grieving
mournful
rejected
resentful

LOVING

affectionate
caring
compassionate
devoted
intimate
passionate
tender
warm

SAD

despondent
depressed
low
melancholy
miserable
unhappy
weepy
hysterical

SATISFIED

content
mellow
peaceful
pleased

SCARED

afraid
alarmed
fearful
frightened
horrified
insecure
intimidated
nervous
panicky
petrified
terrified
threatened

SURPRISED

aghast
amazed
astonished
astounded
incredulous
shocked
startled

THANKFUL

appreciative
grateful
gratified
indebted
obliged
relieved

THOUGHTFUL

challenged
curious
informed
interested
pensive
reflective

UNCERTAIN

cynical
doubtful
distrustful
hesitant
indecisive
pessimistic
skeptical
suspicious
unsure

UNCARING

ambivalent
apathetic
bored
detached
exhausted
indifferent
lethargic
lazy
tired
unmotivated
unconcerned

WANTING

empty
envious
homesick
hungry
jealous
lonely
longing
lustful

WEAK

inadequate
despairing
discouraged
helpless
hopeless
impotent
inhibited
lost
powerless
suicidal

WORRIED

agitated
anxious
bothered
restless
tense
uneasy
unsettled

Core Beliefs

If we keep chasing our surface thoughts without getting to the bottom of our deep, underlying beliefs, we won't get to the root of the problem.

Sarah the Student's distorted automatic thoughts:

- ★ **Catastrophizing:** "I think I answered that question wrong. This is a disaster!"
- ★ **Mind reading:** "My classmates think I'm stupid."
- ★ **Dichotomous thinking:** "Either I get all As or I've failed."
- ★ **Unfair comparisons:** "He got into Yale University and I didn't. I'm a loser."
- ★ **Emotional reasoning:** "I feel like a loser. I must be a loser."

Sarah the Student's (wrong) core belief:

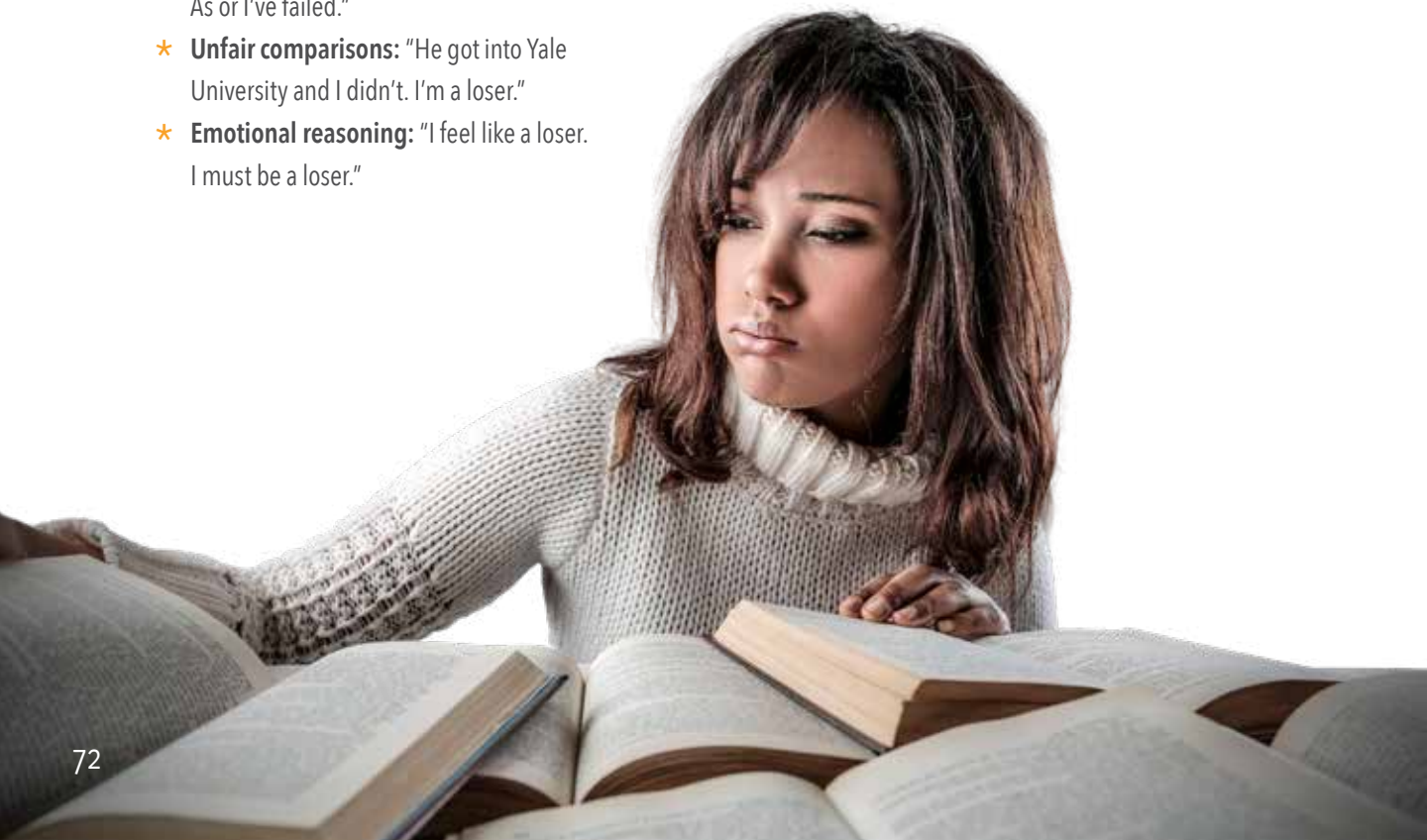
"I have to be better than everyone else."

Sarah the Student's new (correct) core belief:

"I have to be the best that I can be."

Test Your Knowledge

Through the power of God and a little effort on our part, core beliefs can _____.





Making Core Beliefs P.L.A.I.N.

When you feel intense emotion, this exercise will help you identify your core beliefs. This will also connect the thinking part of the brain with the emotional part of the brain.

Permission: Give yourself permission to feel that feeling.

Label: Give the feeling a label, such as "anger," "frustration," "futility," etc.

Area: Identify the area of your body where you feel that feeling—chest, head, throat, etc.

Intensity: Rate the intensity of that feeling from 1–10, 10 being the most intense.

Narrative: If that feeling could talk, what would it say?

“

The next time your core beliefs are challenged, try being curious instead of furious.

—RANDY GAGE

”



Trauma

Test Your Knowledge

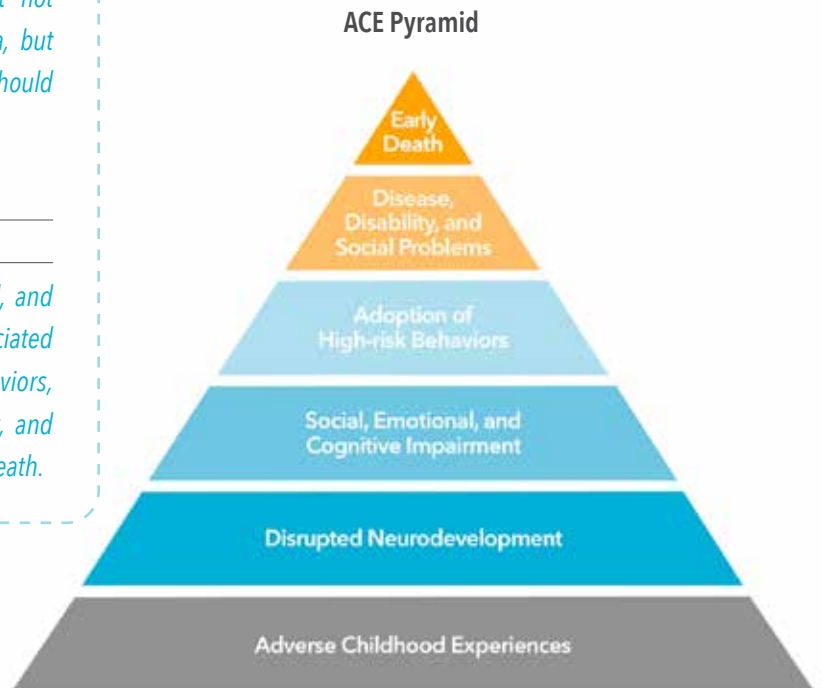
- 1 A life trauma such as the death of a loved one, physical or sexual abuse, or a serious accident, can lead to the development of _____ response, or post-traumatic stress disorder (PTSD).
- 2 Complex post-traumatic stress disorder, or C-PTSD, occurs as a result of _____, _____ trauma involving harm or abandonment by a parent or other caregiver. In many cases, C-PTSD means that not only did the child experience trauma, but experienced it from a person who should have protected the child.
- 3 The ACE Pyramid shows that _____ are associated with social, emotional, and cognitive impairment, which are associated with the adoption of high-risk behaviors, which can lead to disease, disability, and social problems, which lead to early death.

“

There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.

—LAURELL K. HAMILTON

”



4 _____ tends to be the mother of anxiety and mood disorders.

5 God promises _____ to those of us who got a raw deal.

How can you heal?

- ★ Connect to a professional counselor
- ★ Review the traumatic material in the context of a trusting relationship
- ★ Look at the traumatic events with someone who can help you correct the long-standing distortions
- ★ Replace your core misbeliefs with hopeful, redemptive truths

“

I will restore the years that the locust has eaten.

—**JOEL 2:25 NIV**

”



Finding the Lies

The lies we believe come in 4 primary areas:

- 1 Lies about ourselves
- 2 Lies about other people
- 3 Lies about the future
- 4 Lies about God

Test Your Knowledge

- 1 A good way to find out what your core beliefs are is to _____.

Choose 2-3 people and tell them you're taking a course in overcoming anxiety and you're completing an assignment. **Ask them:**

- 1 What do you think I believe about myself?
- 2 What do you think I believe about other people?
- 3 What do you think I believe about the future?
- 4 What do you think I believe about God?

You can also try the following:

- 1 Write your life in a storybook fashion.
- 2 Draw a timeline of your life, marking off major events.
- 3 Take a prayerful walk to contemplate the above 4 questions.

“

*Of all the liars in the world,
sometimes the worst are
our own fears.*

—RUDYARD KIPLING

”





“

Truth will ultimately prevail where there is pains to bring it to light.

—GEORGE WASHINGTON

”

2 Now, you can start to correct your core beliefs, replacing them with _____.

Gratitude Meditation

Mindfulness: Being fully engaged in your present experience, self-observing in a non-judgmental behavior.

Test Your Knowledge

1 One of the most important skills we can develop is to _____ our feelings to ourselves.

2 Try it. Fill in the blank: Right now, I feel _____.

Simply admitting your feelings to yourself can help you feel less overwhelmed by them.

Move away from your "external locus of control" (assuming you're the victim) and into a more responsible frame of mind, or "internal locus on control," in which you think about the power you still possess, in spite of the fact that "stuff happens."

“

Gratitude *unlocks* the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.

—MELODY BEATTIE

”





Gratitude Meditation

Gratitude meditation utilizes the four beneficial aspects of meditation: breathing, focus, imagination, and objectivity. Rather than emptying the mind, it fills and focuses the mind on positive content. Gratitude meditation can be used whenever needed, but it is recommended for anxious people that they set aside ten minutes a day, preferably upon arising, for this exercise. Spend about two minutes on each segment.

Breathing: Sitting comfortably, begin breathing deeply and slowly while counting. To create resistance, purse the lips as if you're breathing through a very thin straw. Some like to inhale and exhale through the "straw," others like to inhale through the nose and exhale through the "straw." Inhale to the count of six, hold for two, and exhale to the count of eight, with each count being about a second. As you are able, slow your breathing down further. Continue the breathing.

Focus: Focus your mind on something for which you're grateful. When other thoughts intrude, gently push them aside, telling yourself that for now you'll be focusing on your blessings. Move on to another and still

another source of gratitude. Write down the three things and remember to share them with someone later in the day.

Imagination: Direct your imagination toward future positive things, whether it be a visit to the beach, a family event, or the beauties and glories of heaven. Tell yourself that God is good and that the future will be blessed.

Objectivity: Think about the day ahead of you. If you feel a sense of anxiety, observe those feelings without coming to any conclusions about them. Tell yourself, "Feelings of fear do not define me," and, "Feelings of fear won't hurt me."

To amp up the spirituality of your meditation, choose a Bible verse. Savor the meaning of the verse, and think of how it applies to the here and now in your life. Recommended sources for your verse selection are the gospel of John, the Psalms and the Proverbs.



Self-care

Self-care: Doing something that makes you feel good and is also good for you.

Given this definition, what are some examples of self-care?



Remember, your struggles do not define you. God values you infinitely, and made the ultimate sacrifice for you and would have done so if you were the only one in the entire world. No failure, deficiency, or struggle of yours can make a truly loving Father stop seeing the value in you, His child. Believe this and your sense of self-worth will become unshakable.

Some self-care suggestions:

- ★ Walking
- ★ Bike riding
- ★ Fishing
- ★ Boating
- ★ Other recreational activities
- ★ Hobbies
- ★ Enjoyable, uplifting reading
- ★ Making music
- ★ Reaching out to a trusted friend

“

*Self-care means giving yourself permission to **pause**.*

–CECILIA TRAN

”





 **Reflect**

1 *What distorted thoughts did you relate to?*

2 *Name at least one core misbelief that has powerfully impacted you in your life, along with the life experiences that led to those core misbeliefs.*

3 *What developmental factors have contributed to who you are today? What factors, such as trauma, observing the behavior of your loved ones, or interpersonal dynamics, set you up for anxiety issues?*

4 *What are some of the sweetest memories from your childhood?*

5 *Do you think you have PTSD or C-PTSD? If so, what are your symptoms?*

6 *Are you grateful most of the time, very little, or not at all? Would you say you need to be more grateful?*

7 *What is God's greatest blessing in your life?*



Action Steps

- 1 Continue to engage in Social Stretches (for ideas, see p. 13).
- 2 Use Grounding Techniques as needed to help cope with anxiety (see pp. 15–16).
- 3 Continue to walk 3–5 times this week in an area with trees (if possible).
- 4 Continue to get bright light exposure, early in the morning if possible.
- 5 Continue to reduce or eliminate caffeine.
- 6 Continue to get to bed by 10 in the evening and wake up between five and seven o'clock in the morning.
- 7 Continue to increase your whole plant food consumption up to 50% or more.
- 8 Continue to eat a large breakfast each day, using whole grains and some form of protein.
- 9 Continue to drink at least eight glasses of water per day, every day.

- 10 Continue to talk to God, telling him your cares and asking for His blessing on them. Try using the Gratitude Meditation, incorporating breathing (see p. 79).
- 11 Work through the Distorted Thoughts Worksheet and become familiar with your own distorted thought styles (see pp. 64–67).
- 12 Begin to use the F.A.R. Technique as needed (see pp. 68–69).
- 13 Work on a list of 10 self-care strategies and do at least one a day (see p. 80).

“

Every thought we think is creating our future.

–LOUISE HAY

”





SESSION 6

TREATING THE HEART

"Affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives." –C. S. Lewis

Treating the Heart

The brain can be separated into 3 basic parts:

- 1 The brain stem (physical)
- 2 The limbic brain (emotional)
- 3 The cerebral cortex (thinking)

Test Your Knowledge

1 Because an infant is incapable of reasoning, the caregiver's cerebral cortex stands in for the child's, teaching the child's limbic brain (emotions) to deescalate from anxious to _____.

2 In order to feel at peace, we need a sense of _____ in the people we love.

3 If the caregiver doesn't empathize and help the child process emotions, the child may learn to _____ the emotions, since his/her brain isn't sufficiently developed to self-regulate.

4 True or false? Regardless of our caregivers, we can still learn how to self-calm:
a True
b False

People who had a strong bond with a reliable, consistent, loving caregiver have been well-taught how to self-calm.

“

Human relationships will fail us, but His love *never* fails.

–1 CORINTHIANS 13:8

”



“

*Throughout our childhood, we are in a continuous dance of attunement with our primary caregiver, seeking a sense of **security** and **connection**, one that ideally provides us with the foundation to be able to maintain healthy relationships into adulthood.*

—**SARAH JENKINS**

”

5 _____ can create a therapeutic alliance in which the child, now an adult, can explore and experience emotions in a safe context and learn how to process and interpret them effectively.

ABIDE NETWORK

Abide Network is a network of biblically-based counselors and coaches who support the principles of this program, and offer telephone and online coaching. If you feel the need for extra help, and don't have better local options, reach out today.



Connecting the Lonely

Test Your Knowledge

1 Some experts say loneliness is on the rise from _____% in the 1980s to _____% today.

2 How to move from isolation to connection: Experience change in your _____
_____.

Learn which basic beliefs have prevented you from loving and being loved, and receive a new set of truthful, hopeful beliefs.

“

Loneliness and the feeling of being unwanted is the most terrible poverty.

—MOTHER TERESA

”



Empathy

Test Your Knowledge

1 *We're conditioned to _____ from the time we come into the world, each stage teaching us skills that we can utilize in our next life stage. Life is a school in which we learn to love and be loved.*

- ★ **Infants/parents** = first experience of relationships
- ★ **Siblings** = sharing, conflict resolution, companionship
- ★ **Friendship** = first chosen relationships
- ★ **Life partners** = sexual bond
- ★ **Parents, grandparents, etc.**

2 *The ability to _____ the feelings of others lies at the foundation of our ability to act appropriately and to connect and bond.*

3 _____ enable us to experience empathy and they can multiply with use, which means we can build new skills and new relationships day by day.

“

There's a power in empathy.

–**TARANA BURKE**

”



Relationship Skills

Good relationship-building boils down to two main skills:

- ★ **Friend-making:** A short, surface-level process.
- ★ **Friend-keeping:** A long, deep process.



*Walking with a friend in the dark is **better** than walking alone in the light.*

—HELEN KELLER



How to *make* a friend:

- 1 Find a good context in which to make a friend.
- 2 Be prepared to not only receive, but to also give abundantly in friendship.
- 3 Learn the art of conversation and take a genuine interest in people.
- 4 Find the friends hiding in plain sight, such as your coworkers, neighbors, or old friends you've lost touch with.

How to *keep* a friend:

- 1 Accept conflicts and challenges as an inevitable part of an authentic, deep relationship.
- 2 Seek to understand your friend in conflict. (Try using the **E.A.R. Listening Technique** on the next page to learn active listening. Or, try **The Floor Technique** to radically change the way you approach conflict resolution.)
- 3 Never take the other for granted; consistently invest in your friendship, even if you know they will always be there.
- 4 Keep forgiving each other, making forgiveness a part of who you are as a friend.

E.A.R. Listening Technique

Empathy, with its sense of connectedness and shared experience, forms a basis for good communication. This exercise will help us learn the skills of developing effective, empathic bonds with one another. Often when this empathy develops in a relationship, the problems seem to solve themselves. But empathy requires excellent listening.

Remember this equation: Empathy = Ask and Reflect.

“

Have compassion and empathy in your heart. Many people are suffering deep emotional anguish beneath the surface of their lives, and smile even as they hurt inside.

—JIM PALMER

”

Two essential components to empathic listening are asking questions and reflecting what we hear.

Asking questions: The purpose of asking questions is to draw out the thoughts, feelings and opinions of the other. Try to use what, where, when and how questions, as “why?” can often sound accusatory. Make sure the questions aren’t veiled accusations, as in, “What makes you act so mean all the time?”

Reflecting: The purpose of reflection is likewise to draw the person out. The point of reflecting is not to agree or disagree with the person, but to understand them. Simply put in your own words what you heard them say, asking them to confirm or correct. Again, the point is to understand. You’re not going for the objective truth, but their subjective truth.



The Floor Technique

Use “the floor” exercise to utilize these skills. Flip a coin. Whoever wins, goes first. This person gets “the floor” (you can use a piece of rug or a tile, or simply use a book or other object). While this person has the floor, the other must use the E.A.R. Listening Technique to draw out from them their view/feelings/thoughts.

Sample of what NOT to do:

Fred (who has the floor): I feel lonely at times in our relationship—like you’ve withdrawn from me.

Sarah: I’ve only withdrawn because you’re so pushy and demanding!

Notice that Sarah advanced her own agenda, talked from her own subjective experience, rather than drawing out Fred’s subjective experience.

Sample of what TO do:

Fred: I feel lonely at times in our relationship—like you’ve withdrawn from me.

Sarah: How long have you felt this way? (asking)

Fred: Just since the baby was born. I feel like he took my place in your heart.

Sarah: So you feel kind of displaced by Tommy. (reflecting)

Fred: Yeah. My parents never paid much attention to me growing up, and I feel like it’s happening all over again.

Sarah: Let me see if I understand you—me paying so much attention to Tommy reminds you of your childhood? (asking/reflecting)

Fred: Yeah.

*Sarah: Was there a "Tommy" in your family?
Someone who got all the attention?*

*Fred: Yeah, my little brother, Frank. He was my
parents' favorite. They said so.*

*Sarah: It must have been really hard to have
your parents play favorites.*

Fred: I felt so rejected.

Notice how quickly this conversation arrived at the root of the problem—Fred's fear of rejection. Sarah's effective asking and listening got to the root of the problem. Fred felt understood and "heard." From this point the couple could work out some simple solutions to prevent Fred's fear of rejection. And truthfully, simply being heard and understood by his wife probably accomplished

this as much as any follow-up steps.

People don't care how much you know until they know how much you care. Remember that the point of empathy is not to agree with the person, but to understand them. Once they sense that you have joined them in their subjective world, they will often begin to trust you. Once trust is in place, you will be able to correct their misconceptions.

Remember that you might be wrong. Establishing empathy creates an environment which encourages responsibility-taking.

Note: *Empathy exercises shouldn't be used with abusive or highly manipulative individuals. Most marriage counselors don't even do joint marriage counseling when one of the spouses is abusive, because they'll be inclined to take advantage of "soft" emotions.*



“

*Forgiveness
Is the mightiest sword.
Forgiveness of those you fear
Is the highest reward.
Forgiveness
Is the simplest vow.
Forgiveness of all their crimes
Is your deliverance now.*

– FROM **JANE EYRE**

”



Forgiveness Worksheet I

This worksheet was designed to help those of us who recognize our need to forgive.

Failure to forgive results in bitterness. Considering its high cost to our well-being and the well-being of others, we do well to avoid unforgiveness. Yet forgiveness seems difficult.

I encourage you to take a day off while working through this sheet. Go somewhere, preferably surrounded by nature, where you can be alone and quiet. If you're inside, light some candles and put on gentle music. You may want to fast or semi-fast on fruit or fruit and bread. The point is to reduce distractions and focus on the task at hand.

Think of forgiveness in terms of water. God pours forgiveness into our vessel, washing away our sin and filling us with grace. Bestowing forgiveness expands our capacity to receive God's forgiveness. Likewise, receiving forgiveness from God inspires us to forgive others.

But forgiving those who have deeply wronged us presents a serious challenge. Bitter feelings can be very tenacious.

Wounded people must get distance from their wrongdoers in order to process the pain. Without this distance, forgiveness is much more difficult. Ideally, victims of domestic violence move out; employees of a sexually harassing boss relocate; adult children of emotionally abusive parents create appropriate boundaries. At times, victims may have difficulty creating physical distance, and emotional distance must suffice.

 **Action Step**

Answer the following question: How can you create appropriate distance from your wrongdoer, if you haven't already?



Forgiveness Worksheet II

Action Step

Read the following list of misconceptions carefully and answer the following question: Have I cherished any of these distorted ideas of forgiveness?

If so, have they prevented me from forgiving? If so, how?

Distorted ideas of forgiveness prevent true forgiveness. Use this list to rout out false ideas of forgiveness:

★ **Forgiveness ≠ Trust:** Forgiveness is not trust. Of course, forgiveness is indeed the first step toward the restoration of trust, so trust in some cases grows out of forgiveness. But trust requires the participation of both parties, whereas forgiveness can be one-sided. Supplied forgiveness means you have chosen to forgive a person who has not taken responsibility for their sin against you. Applied forgiveness means that person has taken responsibility and you've been able to forgive them directly. In cases of applied forgiveness, trust may potentially be rebuilt. But in cases of supplied forgiveness, trust can't possibly be rebuilt.

★ **Forgiveness ≠ Excusing:** Forgiveness is the opposite of excusing or overlooking sin. Built right into the concept of forgiveness is the fact that wrong was done. Actually, by forgiving you're making a clear statement that what the individual did was wrong.

★ **Forgiveness ≠ Forgetting:** While putting people's sins out of our minds is one of the benefits of forgiveness (we don't have to

think about it anymore!), it is unrealistic and unreasonable to expect that they will be completely forgotten. We must find a delicate balance of admitting things happened without dwelling upon them.

- ★ **Forgiveness ≠ Feeling:** Forgiveness is a choice, not a feeling. Often we will wrestle with negative feelings long after we have forgiven. Feelings are not evidence of whether we've forgiven or not. They are just feelings. Feelings are important, but they are not conclusive evidence of reality. Typically if we choose to forgive, then act in accordance with that choice, negative feelings will abate over time. But if appropriate distance hasn't been made between wrongdoer and victim, this emotional healing will be much more difficult.

Forgiveness is a learned skill, a science, and an art. It is a conscientious, rational process of releasing the wrongdoer from the consequences of sin.

“

Forgiveness isn't approving what happened. It's choosing to rise above it.

—ROBIN SHARNA

”





Forgiveness Worksheet III

Confrontation is often part of the forgiveness process. In order to confront and forgive wrong, we must have a clear idea of what was done to us. Our feelings of outrage show that we have a sense of justice. True forgiveness builds from this foundation. To forgive intelligently and thoroughly, we must survey the damage.



Action Step

Make sure your grievances aren't imaginary. Some things we can overlook. Did the wrongdoer cause concrete physical, emotional, mental, social, financial and spiritual damage? Use those categories to delineate actual damage. If possible, let a trusted person who knows the situation review the worksheet and tell you if they concur with your conclusions.

Survey the Damage

Physical:

Emotional:

Mental:

Social:

Financial:

Spiritual:



Action Step

Now that you're fully aware of the damage, identify the costs and benefits of both forgiving the person and remaining in unforgiveness. This will help you recognize the nature of forgiveness—that it's a thoughtful decision as opposed to a whim or a feeling. List the effect that forgiving or not forgiving will have upon you, others, and God.

Benefits of forgiveness:

Drawbacks of forgiveness:



Forgive others not because they deserve forgiveness, but because you deserve peace.

—JONATHAN HUIE



Benefits of unforgiveness:

Drawbacks of unforgiveness:



Action Step

Sociologic research shows that those who believe they could have done what their perpetrators did are more inclined to forgive. Using the worksheet below, recall the things you've done to others. This will help you increase your inclination to forgive others.

Things for Which I've Been Forgiven

Who did I hurt?	What did I do?	How did it affect them?



Forgiveness is a choice. You've set aside quality time to think carefully through this process. You've come to terms with what it means to forgive. You've surveyed the damage done to you; you've also acknowledged your own sin. You've received forgiveness. You've thanked God for that forgiveness. Now you're prepared to make the conscious, intelligent choice to forgive.

“

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

—MARTIN LUTHER KING, JR.

”



 **Reflect**

1 *Has loneliness been a problem in your life? Please share.*

2 *When in your life did you feel loved? By whom?*

3 *What is your more-natural tendency: friend-making, or friend-keeping?*

4 *How would you rank your ability to empathize on a scale of one to 10, one being unable to empathize with others and 10 being highly empathic.*

5 *When has another person exercised deep empathy and compassion toward you? Please share.*





Action Steps

- 1 Continue to engage in Social Stretches (for ideas, see p. 13).
- 2 Use Grounding Techniques as needed to help cope with anxiety (see pp. 15–16).
- 3 Continue to walk 3–5 times this week in an area with trees (if possible).
- 4 Continue to get bright light exposure, early in the morning if possible.
- 5 Continue to reduce or eliminate caffeine.
- 6 Continue to get to bed by 10 in the evening and wake up between five and seven o'clock in the morning.
- 7 Continue to increase your whole plant food consumption up to 50% or more.
- 8 Continue to eat a large breakfast each day, using whole grains and some form of protein.
- 9 Continue to drink at least eight glasses of water per day, every day.

- 10 Continue to talk to God, telling him your cares and asking for His blessing on them. Try using the Gratitude Meditation, incorporating breathing (see p. 79).
- 11 Continue to use the F.A.R. Technique as needed (see pp. 68–69).
- 12 Continue using one self-care strategy per day (see p. 80).
- 13 Try the finding and replacing core lies technique (see p. 76).
- 14 Utilize the E.A.R. Listening Technique (see p. 91) and The Floor Technique as opportunity arises (see pp. 92–93).
- 15 Complete the Forgiveness Worksheet pertaining to any forgiveness issues you may have (see pp. 95–100).



To err is human, to forgive, divine.

—ALEXANDER POPE







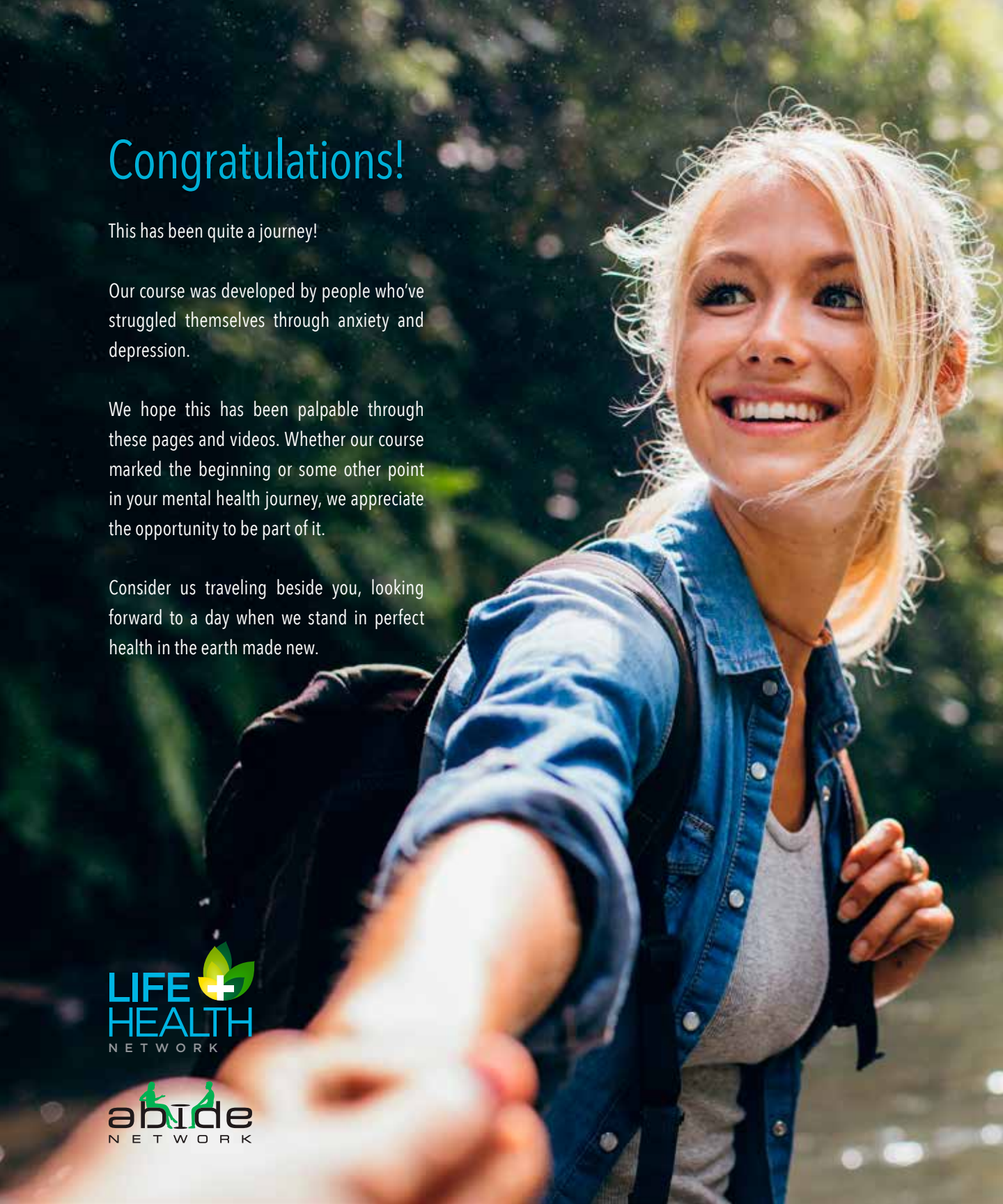
Congratulations!

This has been quite a journey!

Our course was developed by people who've struggled themselves through anxiety and depression.

We hope this has been palpable through these pages and videos. Whether our course marked the beginning or some other point in your mental health journey, we appreciate the opportunity to be part of it.

Consider us traveling beside you, looking forward to a day when we stand in perfect health in the earth made new.





Workbook Answer Key



SESSION 1 UNDERSTANDING ANXIETY

Intro to Anxiety (P. 10)

- 1 possibility; probability
- 2 sympathetic, parasympathetic
- 3 connected, relationships
- 4 b. Lonely people

Specific Phobia (P. 11)

exposure

Social Anxiety Disorder (P. 12)

- 1 Shy person
- 2 Introvert
- 3 hope

Generalized Anxiety Disorder (P. 17)

not worrying

Panic Disorder (P. 18)

fear

Agoraphobia (P. 20)

- 1 Acceptance
- 2 courage

Obsessive Compulsive Disorder (PP. 20-21)

- 1 invasive thoughts
- 2 acceptance

Other Anxiety Disorders (P. 21)

cause

SESSION 2 UNDERSTANDING DEPRESSION

Intro to Depression (P. 26)

world

Understanding Depression (P. 27)

- 1 common; serious; feel; think; activities
- 2 a, c, e, f
- 3 a, b

Major Depressive Disorder (P. 28)

- 1 20%
- 2 N/A
- 3 two

Persistent Depressive Disorder (P. 30)

- 1 N/A
- 2 new

Substance Induced Depressive Disorder (P. 31)

- 1 a, b, c, d, e, g, h, j, k, l
- 2 a, b, c, e, f, h, i
- 3 N/A

Post-Partum Depression (P. 32)

- 1 three
- 2 N/A

Pre-Menstrual Dysphoric Disorder (P. 32)

- 1 anger
- 2 a, b, d, e, g, h, i, j, k, l, m

Bipolar I Disorder (P. 33)

- 1 mania
- 2 year
- 3 highs

Bipolar II Disorder (P. 34)

- 1 functional
- 2 increase

Cyclothymic Disorder (P. 34)

- 1 bipolar
- 2 a, c, e

Other Bipolar Disorders (P. 35)

a, c, d, f, g, h

Anxiety & Depression Relief WORKBOOK

SESSION 3 TREATING THE BODY PART I

Introduction to Treating the Body (P. 42)

- 1 Alpha
- 2 Beta

Pure Air (P. 43)

- 1 Trees
- 2 Metabolic; Engaged

Sunlight (P. 43)

- 1 vitamin D
- 2 20

Temperance (P. 44)

- 1 good
- 2 neurotransmitters; worsen

Rest (PP. 44-45)

- 1 sleep
- 2 7; 9
- 3 stomach

SESSION 4 TREATING THE BODY PART II

Exercise (P. 52)

- 1 rest; activity
- 2 brain
- 3 morning

Proper Diet (P. 53)

- 1 mental health problems
- 2 meat and dairy
- 3 Sugar
- 4 a, b, c, d

Water (P. 54)

- 1 3
- 2 pale yellow

Trust (P. 55)

- 1 me; God
- 2 love
- 3 One

SESSION 5 TREATING THE MIND

Treating the Mind (P. 62)

- 1 will
- 2 N/A
- 3 a. Cognitive processing
- 4 emotions

Core Beliefs (P. 72)

change

Trauma (PP. 74-75)

- 1 post-traumatic
- 2 repetitive; prolonged
- 3 adverse childhood experiences
- 4 Trauma
- 5 restoration

Finding the Lies (PP. 76-77)

- 1 ask other people
- 2 truth

Gratitude Meditation (P. 78)

- 1 admit
- 2 N/A

SESSION 6 TREATING THE HEART

Treating the Heart (P. 86)

- 1 calm
- 2 trust
- 3 suppress
- 4 a. True
- 5 Counseling

Connecting the Lonely (P. 88)

- 1 20; 40
- 2 core belief system

Empathy (P. 89)

- 1 connect
- 2 share
- 3 Mirror neurons





Resources

Abide Network

abide.network

Now anyone can receive professional, compassionate, biblically-grounded, scientifically-informed, counseling and coaching in his or her own home. Abide Network's unique toolbox approach and online/telephone delivery system means your journey to mental health just got easier, less convenient, and less expensive.

Jennifer Jill

jenniferjill.org

Anxiety and Depression Relief presenter Jennifer Jill Schwirzer's personal web page includes the 13 Weeks Series. Do you want to go deeper psychologically, spiritually and relationally? The author has made that possible through her books *13 Weeks to Peace*, *13 Weeks to Love*, and *13 Weeks to Joy*. Purchase these books in Jennifer's shop and join one of the free telephone support groups, which use these books as a basis, through abide.network. Or start your own group, or simply read and enjoy.

Life and Health Network

lifeandhealth.org

Want free, reliable wellness info? Check out this website for dynamic articles, recipes, cooking videos, online courses, and more!

Truth Link Website

truthlink.org

Can faith enhance health? We believe so. Whether you're a believer, a seeker, or a skeptic, Truth Link can help you discover a God more beautiful than you've ever imagined.

Are you excited about the direction your journey to health is taking? Do you want to learn more? **Life and Health**, the producers of *Diabetes Undone*, is your next stop.

With more video programs on how to heal and repair your health, fun cooking videos, and articles on the latest health news, Life and Health is all about simplifying what it means to live a healthy, happy life.

What are you waiting for? Don't let your health journey end with this book!
Dive into the world of whole person life and health.

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ANXIETY AND DEPRESSION AFFECT ALL OF US, EITHER DIRECTLY OR INDIRECTLY.

Some statistics say nearly a third of the world's population will have an anxiety disorder at some point in their lifetimes. In 2017, the World Health Organization declared depression the leading cause of disability in the world. Yet even in high-income countries, nearly 50 percent of people with these disorders do not receive treatment for them.

*This is tragic, given that counseling and other treatments have been proven to help. **Anxiety and depression are not the end of the story!** They are not a moral failure. They are not a death sentence. They are not the end of happiness and peace. They are treatable conditions that can be helped and managed through time-tested, scientifically-validated, simple, accessible interventions.*

This course will open your mind to new ways in which you can approach anxiety and depression in yourself or your loved ones. The six-step process breaks down the material so that in just six weeks you will have learned, reflected, and applied a wide array of wonderful, life-giving, mental health principles. Each session features videos and workbook questions, plus reflection questions and action steps to provide depth and continuity to this mental health journey experience.

Welcome to Anxiety and Depression Relief! We want to help you finish the story.



\$25 US/\$30 CAN

