



Anxiety and Depression

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Agenda

1. Intro – breathing exercise
2. Questions to start thinking about the topic
3. Classification: Anxiety & Depression
4. Diagnostic classifications – Kinds of Anxiety and Depression
5. Assessment Tools for Anxiety and Depression
6. Causes of Anxiety & Depression
7. Brain Chemistry
8. Perfectionism
9. Treatment CBT



Agenda - continued

10. Scripture: Fear, Anxiety, Depression
11. Spiritual Warfare
12. Bible Characters
13. What to do about it
 - Spiritual – Ps 23
 - Physical
 - Emotional/Psychological
14. Self Care
15. Fun
16. Conclusion



Relaxation Breathing Exercise:

- This helps to bring down the level of anxiety and starts to manage the parasympathetic system in our body which controls rest and a sense of calm.
- Let's try a 4-7-8 technique which you can use anywhere; it's a handy tool to use and nobody knows what you are doing 😊
 1. Take a deep exhale through an open mouth.
 2. Then close your mouth and inhale for 4 counts through your nose.
 3. Hold this for 7 counts.
 4. Then release through an open mouth for 8 counts.
 5. Try this 4 times as a starter.



Relaxation Breathing Exercise:

- The more you practice this, if you have any sense of a panic attack, you can over time, really curb this response. You start doing it automatically.
- God is the Giver of life. He breathes life into us and sustains us. Every breath is from Him. Let's use it for our good.
- “Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.” Gen 2:7



Questions to help think through your own areas of anxiety/fear/low mood

- What are your top five worry areas?
- What is a trigger for each of them? (What makes you start to worry?)
- How do you usually handle your thoughts when you are feeling anxious?
- What are your fears? Can you name them? How do you give power to them in your life?





Questions to help think through your own areas of anxiety/fear/low mood

- What kinds of situations make you feel discouraged/sad/low mood? List 3
- What triggers each of those situations? How do you usually handle the situation?
- **What if....** is often an indicator for some kind of fear or worry
 - identify when you might use this in your thought processes?



Questions to think about:

- What would it look like if you believed that God could handle this issue that you are fearful/anxious about? What if you really gave it to Him? What would change?
- What would it feel like emotionally for you if you could trust that God's got this?



Questions to think about:

- How would your behavior/reactions change if you could hand it over to God?
- What makes you feel peaceful/calm? What quiets your thoughts?
- What gets in the way of cultivating peace/calm?



Classifications: Anxiety

- Disorders grouped in this classification: excessive fear, anxiety and related behaviors
- Fear – response to real or perceived imminent threat-
autonomic arousal preparing for fight or flight



Classifications: Anxiety

- Anxiety – anticipation of future threat – more muscle tension and preparation for future danger
- Panic attacks – connected with a fear response
- Persistent – typically 6 months or longer



Level of Impairment:

- When we are looking for a clinical diagnosis, we are looking at the level of impairment that affects a person socially, academically, occupationally or in any other functioning way.
- That's why there are criteria that are used to assess the level of impairment.



Classifications: Anxiety

Many kinds within this classification:

- Separation Anxiety Disorder
- Selective Mutism
- Specific Phobia
- Social Anxiety
- Panic Disorder



Classifications: Anxiety

Many kinds within this classification:

- Agoraphobia
- Generalized Anxiety
- Substance/Medication-Induced Anxiety Disorder
- Anxiety Disorder due to another medical condition



Generalized Anxiety:

Excessive anxiety and worry occurring more days than not for at least 6 months - Difficult to control the worry

3 or more of following symptoms:

- Restlessness, on edge
- Easily fatigued
- Difficulty concentrating/mind going blank
- Irritability
- Muscle tension
- Sleep disturbance
- The symptoms cause significant impairment in social, occupational, or other areas of functioning



Classifications: Mood/Depression

- Disorders grouped in this classification:
 - Sad
 - empty or irritable mood
 - somatic and cognitive changes - affect capacity to function-
differences in duration, timing, etiology



Classifications: Mood/Depression

Within this classification:

- Disruptive Mood Dysregulation Disorder
- Major Depressive
- Persistent Depressive
- Premenstrual Dysphoric
- Substance/Medication-Induced Depressive
- Depressive Disorder due to another medical condition

Separate category:

- Bipolar I & Bipolar II



Major Depressive Disorder:

5 or more of following symptoms present during same 2 week period;
symptom is either depressed mood or loss of interest or pleasure:

- Depressed mood most of the day, nearly every day (sad, empty, hopeless, tearful)
- Diminished interest in activities
- Weight loss (not from dieting) or weight gain
- Insomnia or hypersomnia nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day
- Diminished ability to think or concentrate/indecisiveness nearly every day
- Recurrent suicidal ideation

Taken from DSM-5 (Diagnostic Manual)



Assessment tools for anxiety:

- Beck Anxiety Inventory – BAI
- Self-report measure – looking at symptoms and coming up with a range to indicate low to moderate



Assessment tools for depression:

- Beck Depression Inventory – BDI
- Self-report measure- looking at symptoms and scoring them – then applying them to a scale that is helpful to indicate whether it may point to a clinical level of attention



Causes of Anxiety/Depression:

While the causes are complex, some of the factors to look at are:

- Stress
- Genetic predisposition
- Hormonal issues
- Chemical imbalance
- Substance use/abuse
- Chronic health issues



Brain chemistry factors:

- Neurotransmitters: Chemical messages that carry information between the neurons
- Decreased availability of the neurotransmitters to perform can result in anxiety/depression
- **All are important for mood, sleep, energy, focus and memory**
- Serotonin- essential for thought, processing, dreaming and appetite- connected with mood and anxiety
- GABA (Gamma-Aminobutyric Acid) – stress buffer- connected with anxiety and mood



Brain chemistry factors:

- Glutamate – thinking, learning, retention
- Dopamine – ability to experience pleasure, mood, movement, mental processing
- Norepinephrine – energy, fight flight response, attentiveness, emotions, learning, sleeping
- **STRESS** is the most critical factor in disrupting neurotransmitter balance



Medication

- Medication may be a good choice if there is a genetic predisposition to anxiety and/or depression.
- This needs to be determined by a medical doctor/psychiatrist.



Perfectionism

- Perfectionism is often connected with anxiety and/or depression
- Different domains include: academics, work performance, household cleanliness, health, eating habits, social relationships, physical appearance, time management
- You can be perfectionistic in one domain and not necessarily in others



Perfectionism

- Person sets themselves up for the “unattainable” and when they don’t reach their goals, they feel like a failure – “it’s unacceptable” - perpetuating cycle
- A person measures their worth by their accomplishments
- Often leads to procrastination – putting off getting things done because of the anxiety in anticipation of performance at a certain level



Treatment option that is evidence-based:

CBT – Cognitive-behavioral therapy

- Presenting issue
- Looking at family of origin history
- Current relational dynamics



Treatment option that is evidence-based:

CBT – Cognitive-behavioral therapy

- Focusing on target behaviors
- Setting up goals
- Developing a baseline measurement



Treatment option that is evidence-based:

CBT – Cognitive-behavioral therapy

- Monitoring movement towards accomplishing goals – thought record, journals
- Unwrapping anxious/depressive thoughts – looking at beliefs maintaining thoughts/behaviors/feelings and also looking at potential cognitive distortions



Treatment option that is evidence-based:

CBT – Cognitive-behavioral therapy

- Looking at what is keeping them going – identifying triggers
- Techniques to diminish strength of anxious/fearful thoughts/depressive thoughts and emotions: progressive relaxation, breathing routine, catching “what if’s”, reality testing



Treatment option that is evidence-based:

CBT – Cognitive-behavioral therapy

Case study: car accident involving a horse running across the road

Heightened anxiety following accident

Target: reduce the anxiety connected with something like that happening again (future) -hyper vigilant when she sees horses

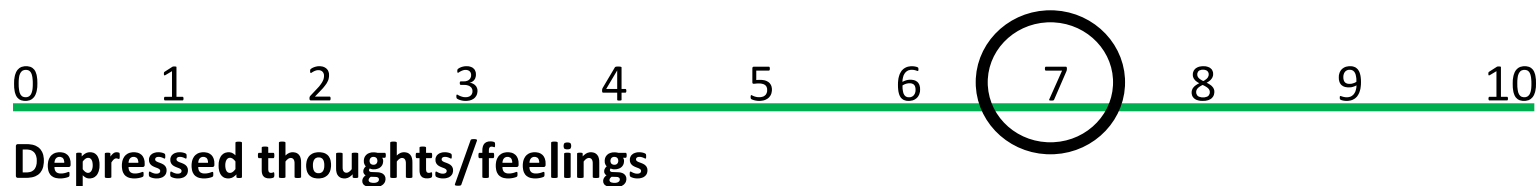
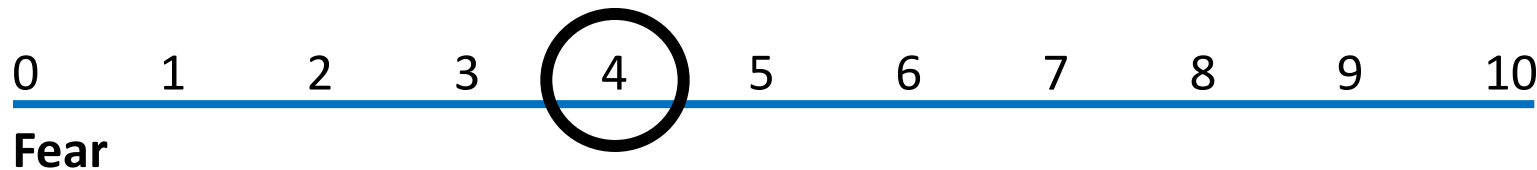
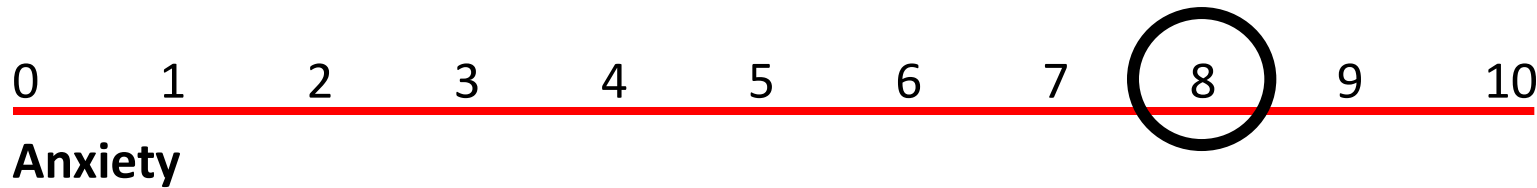
Baseline: how often is she thinking about what happened? What triggers it?

How does she feel? What thoughts are coming in? What is going on with her physically, emotionally, spiritually, psychologically when she has these thoughts? What helps to bring in calm?



Measuring of target behavior(s)

- Doing this on a daily basis for a certain time period
- Journaling the triggers – what happened? What was said?



Thought Record

Event	Beliefs	Feelings Before	Disputation	Feelings After
What was the event/situation, thought, image or memory?	What went through my mind? What does it say about me as a person? Am I using unhelpful thinking styles? How can I view this spiritually?	What was I feeling? Rate 0 – 10 intensity	Is there another way of viewing this thought? What Scripture comes to mind? What would a friend say to me about it?	How do I feel now? Identify feeling 0 -10 intensity



A-B-C Theory

- Focusing on irrational thoughts (thoughts that don't match with evidence or seem to perpetuate the problem)
- A = Activating event B = Belief about A C = Emotional and behavioral consequence

A lot of times we see only the event/situation (A) and the reaction (C) and we miss the belief part

“I’m upset because my daughter doesn’t listen to me” What is the belief about that?

The mother may be thinking that her daughter doesn’t care about her and that is hurtful.



A-B-C Theory

What happened that triggered those thoughts? A

What were you thinking about that event/situation? B

How did you react/act? C

- Sometimes there are faulty beliefs about self, about God or about others
- Goal: to change the belief if it is irrational



Cognitive Distortions:

- A belief based on little evidence (assuming someone is trying to hide something because they didn't answer the text quickly enough)
- Focusing on one detail and avoiding the context (your child made a few bad choices and therefore you feel like a failure as a parent)



Cognitive Distortions:

- Making a broad sweeping statement based on one or two incidences to make a judgment (because your son/daughter enjoys social activities more than studying, you think he/she will not be a successful student)
- Overemphasizing or underemphasizing based on facts -going to either extreme (ignoring several semesters of poor grades with a child or hiring a tutor for one low test score)



Cognitive Distortions:

- External events attributed to oneself (my friend no longer cares about me because they didn't check in on me this week)
- All or nothing thinking, always/never, good/bad (this person is always late and therefore I can't ever expect them to be on time)



Cognitive Distortions:

- Assigning a personality trait to someone based on just a few incidences, often ignoring exceptions (person must be lazy because they didn't take out the trash)
- Mind reading (assuming you know what the other is thinking)



Core beliefs:

- What are you believing about God? If He doesn't answer your prayer the way you have asked are you doubtful that He truly cares?
- Where do you feel that God is at in the storms of life?
- What do you really think are the intentions in a situation that is hurtful – in relationship, friendship, parent-child, spouse?



Core beliefs:

- What evidence do you have that the “what if” is going to happen?
- What do you find your self-worth in? What others think about you? your performance? your talents? your appearance?
- What do you think about your identity in Christ? Is that a core belief that is part of your foundation?



Core Beliefs in Who God is:

- He truly loves us.
- He fights for us.
- He is with us always.



Core Beliefs in Who God is:

- He is sovereign.
- He covers us with His Son Jesus.
- He wants good things for us.



Core Beliefs in Who God is:

- He has a plan for us.
- He has ordained a time for us to be on this earth and a time to leave.
- He delights in us.



Core Beliefs in Who God is:

- He knows us intimately.
- He wants to spend time with us.
- He wants us to know who we are in Him.



Satan's lie

You are a sinner because you sin

Your identity comes from what you have done

God's truth

You are a saint who sins (one declared righteous by God)

Your identity comes from what God has done for you

(adapted from "Resolving Spiritual Conflicts and Cross-Cultural Ministry" by Dr. Timothy Warner)



Satan's lie

Your identity comes from
what people say about you

Your behavior tells you
what to believe about
yourself

God's truth

Your identity comes from what
God says about you

Your belief about yourself
determines your behavior

(adapted from "Resolving Spiritual Conflicts and Cross-Cultural Ministry" by Dr. Timothy Warner)



I am SECURE

Romans 8:1-2	I am free forever from condemnation.
Romans 8:28	I am assured all works together for good.
Romans 8:31-34	I am free from any charge against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Cor 1:21-22	I am established, anointed, sealed by God.
Colossians 3:3	I am hidden with Christ in God.



I am SECURE

- | | |
|------------------|---|
| Philippians 1:6 | I am confident that the good work God has begun in my life will be perfected. |
| Philippians 3:20 | I am a citizen of heaven. |
| 2 Timothy 1:17 | I have not been given a spirit of fear, but of power, love and a sound mind. |
| Hebrews 4:16 | I can find grace and mercy in time of need. |
| 1 John 5:18 | I am born of God; the evil one cannot touch me. |



I am SIGNIFICANT

Matt 5:13-14

I am the salt of the earth.

John 15: 1,5

I am a branch of the true vine, a channel of His life.

Acts 1:18

I am a personal witness of Christ's.

1 Cor 3:16

I am God's temple.

2 Cor 5:17-21

I am a minister of reconciliation for God.

(adapted from "Resolving Spiritual Conflicts and Cross-Cultural Ministry" by Dr. Timothy Warner)



I am SIGNIFICANT

2 Cor 6:1

I am God's co-worker (1 Cor 3:9)

Eph 2:6

I am seated with Christ in the heavenly realm.

Eph 2:10

I am God's workmanship.

Eph 3:12

I may approach God with freedom and confidence.

Phil 4:13

I can do all things through Christ who strengthens me.



I am ACCEPTED

John 1:12

I am God's child.

John 15:15

I am Christ's friend.

Romans 5:1

I have been justified.

1 Cor 6:17

I am united with the Lord (one spirit).

1 Cor 6:19-20

I am bought with a price; I belong to God.

1 Cor 12:27

I am a member of Christ's body.



I am ACCEPTED

Eph 1:1

I am a saint.

Eph 1:5

I have been adopted as God's child.

Eph 2:18

I have access to God through the Holy Spirit.

Colossians 1:14

I have been redeemed and forgiven.

Colossians 2:10

I am complete in Christ.



Scripture on Fear:

Josh 1:9

Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the **Lord your God is with you wherever you go.**

Deuteronomy 31:8

And the Lord is the one who goes ahead of you; **He will be with you. He will not fail you or forsake you.** Do not fear or be dismayed.

John 14:27

Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful.

NASB



Scripture on Fear:

1 John 4:18

There is no fear in love; but perfect love casts our fear, because fear involves punishment, and the one who fears is not perfected in love.

Isaiah 41:10

Do not fear, for I am with you;

Do not anxiously look about you, for I am your God.

I will strengthen you, surely I will help you,

Surely I will uphold you with My righteous right hand.

NASB



Scripture on Anxiety:

Matthew 6:25-34

For this reason I say to you, **do not be anxious for your life**, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing?

Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them Are you not worth much more than they?

And which of you by being anxious can add a single cubit to his life's span?

And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these.

NASB



Scripture on Anxiety:

Matthew 6:25-34 (continued)

But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you. O men of little faith?

Do not be anxious then saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?'

For all these things the Gentiles eagerly seek; **for your heavenly Father knows that you need all these things.**

But seek first His kingdom and His righteousness; and all these things shall be added to you.

Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

NASB



Scripture on Anxiety:

Phil 4:6-8

Be anxious for nothing, but in everything by **prayer and supplication with thanksgiving** let your **requests be made known to God**.

And the peace of God which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, **let your mind dwell on these things**.

NASB



Scripture on Depression:

(brokenhearted, despairing, miserable, downcast, hopelessness)

Psalms 42:11

“Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall yet praise Him,
The help of my countenance, and my God.”

NASB



The Psalms

- Pattern of LAMENT and PRAISE
- Just like us - the human condition
- Ps 42:11 “Hope in God, for I shall YET praise Him.”
- Choosing trust, choosing praise.

NASB



Scripture on Depression:

(brokenhearted, despairing, miserable, downcast, hopelessness)

Psalms 34:18

“The Lord is near to the brokenhearted,
And saves those who are crushed in spirit.”

Job 3:3

“I am not at ease, nor am I quiet,
And I am not at rest, but turmoil comes.”

NASB



Scripture on Depression:

(brokenhearted, despairing, miserable, downcast, hopelessness)

Psalms 143:7-8

“Answer me quickly, O Lord, my spirit fails;
Do not hide Thy face from me,
Lest I become like those who go down to the pit.
Let me hear Thy lovingkindness in the morning;
For I trust in Thee;
Teach me in the way I should walk;
For to Thee I lift up my soul.”



Scripture on Depression:

(brokenhearted, despairing, miserable, downcast, hopelessness)

Psalm 40:1-3

“I waited patiently for the Lord;
And He inclined to me, and heard my cry.
He brought me up out of the pit of destruction, out of the miry clay;
And He set my feet upon a rock making my footsteps firm.
And He put a new song in my mouth, a song of praise to our God;
Many will see and fear,
And will trust in the Lord.”

NASB



Spiritual warfare:

The enemy wants to steal our joy and our peace and our confidence in the Lord. We are warned that our biggest battle will be in the spiritual realm (Eph 6:12).

We are called to put on the armor of God: Ephesians 6:13-17

Therefore, take up the full armor of God, that you may be able to resist in the evil day, and having done everything to stand firm.

Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one, and take up the helmet of salvation, and the sword of the Spirit, which is the word of God.



Spiritual warfare:

God fights for us! Zephaniah 3:17

The Lord your God is in your midst,
A victorious warrior.

He will exult over you with joy, He will be quiet in His love,
He will rejoice over you with shouts of joy.

The enemy is forced to flee - James 4:7

Submit to God, resist the devil and he will flee from you.

- Especially helpful with persistent thoughts.



Bible Characters

- Who do you think struggled with anxiety and why? How did it progress?
- Who do you think struggled with depression? Why? How do you think they dealt with it?
- Who do you think was fearful? Why? What did God say to them about fear?



Let's look at David in the cave

Psalm 13

Wow, how many times did King Saul try to kill David?
David is fleeing for his life once again and seeks refuge in a cave in Adullam.

What happens in the cave when he is all alone for several months.....
He is in despair
He feels abandoned by everyone
He feels abandoned by God
It's a dark time for David

What does your cave look like?
What brought you there?
What is God trying to say to you from His word?

What was the turning point for David?

“BUT.....Ps 13:5



What to do about it

About my anxiety? About my depression?

Spiritual – calling on His Name – Jesus, Abba, God

- open yourself to His love
- spending time in God's word
- being in community in a Bible study
- asking God to examine your heart and show you your fears/anxieties
- asking God to heal spiritually/emotionally/physically/psychologically
- listening to Christian music
- keeping a prayer journal
- have a gratitude journal
- choose to praise



You have a perfectly loving, infinitely strong Father, so bring your fears to Him. Open your heart to receive vast quantities of His Love. The more of this Love you hold in your heart, the less room there is for fear.

Sarah Young – Jesus Calling Devotional

*For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom
We cry out, “Abba, Father.” – Romans 8:15 NKJV*



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One of the best ways to draw upon My strength is to sing praises to Me. When you praise Me in the midst of a hard day, both you and I are blessed. I come near, and I hide you *in the secret place of My Presence.*

Sarah Young – Jesus Calling Devotional

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Psalm 32:7



What to do about it

About my anxiety? About my depression?

Spiritual – calling on His Name – Jesus, Abba, God

- memorizing Scripture
- putting Scripture verses in a place that can be seen regularly
- using Scripture for meditation time
- use a devotional that ministers to you
- reach out to a friend that you can pray with
- listen to someone reading Scripture
- ask God to give you peace
- choose to walk in the Spirit – Gal 5: 16
- give over your burdens – Matt 11: 28-30



The photograph shows a room that is a sanctuary of faith and inspiration. The walls are a collage of religious messages, from the Bible to contemporary Christian music lyrics. A desk in the center holds a lamp and an open book, suggesting a place of quiet reflection. The room is filled with books, papers, and religious items, creating a dense, personal space. A red jacket is draped over a chair, and a red bag hangs on the wall. The overall atmosphere is one of devotion and personal growth.

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Trust Me in the midst of a messy day. Your inner calm – your Peace in My Presence - need not be shaken by what is going on around you. Though you live in this temporal world, your innermost being is rooted and grounded in eternity. When you start to feel stressed, detach yourself from the disturbances around you. Instead of desperately striving to maintain order and control in your little world, relax and remember that the circumstances cannot touch My Peace.

Seek My Face, and I will share My mind with you, opening your eyes to see everything from My perspective. *Do not let your heart be troubled, and do not be afraid.* The Peace I give is sufficient for you.

Sarah Young – Jesus Calling Devotional

John 16:33

Psalms 105:4

John 14:27



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What to do about it

Physical – exercise

- get a medical check up
- get enough sleep
- focus on healthy nutrition
- drink enough water/watch the caffeine
- relaxation techniques
- breathing exercises



What to do about it

Emotionally/Psychologically

- reflection (going over the day – what stands out as anxious/depressed/triggers/moments)
- have some quiet time
- prayer time
- being part of a small group at church
- spend some time in nature, go to the ocean, go on a hike
- doing something soothing, calming – listening to music
- using some essential oils to reduce anxious feelings - lavender



What to do about it

Emotionally/Psychologically

- relaxation/breathing practice
- having a fun activity
- psychoeducation – reading something on anxiety/depression
- sharing with friends what you're going through
- getting out when you want to stay in – continuing being social
- let someone know if you are feeling really low



Ideas for self-care

Self-care is designed to replenish energies spent in managing the demands of life:
What feels nurturing /soothing/comforting to you?

Ideas:

- Taking time to be with God in nature/at the ocean/hiking in the hills
- Having a longer spiritual time than you usually do – enjoying His presence, soaking in the quiet
- Reading a book that you don't ordinarily have time for
- Taking a bubble bath with a candle
- Going for a walk
- Having lunch with a close friend
- Going out for a coffee
- Watching a "feel good movie"



Ideas for self-care

Self-care is designed to replenish energies spent in managing the demands of life:
What feels nurturing /soothing/comforting to you?

Ideas:

- Go on a picnic
- Exercise that you enjoy
- Cook a new recipe
- Listen to some comforting music
- Draw or paint
- Listen to a relaxation recording
- Do some journaling
- Playing a sport



What was Jesus' self care?



What about FUN?

- What does that look like?
- What does FUN mean to you?
- How much of your time is spent having FUN?
- Did you know that studies indicate that the more you laugh the longer you live?



CONCLUSION



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GOD's got this.



CONCLUSION

GOD's got this.

GOD's got you.



CONCLUSION

GOD's got this.

GOD's got you.

GOD is for you.





Anxiety and Depression

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