

## **Cultivating our Culture**

# ***Anxiety and Depression -Part 1***

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## **Cultivating our Culture**

### **Anxiety and Depression –Part 1:**

#### **Prevalence of Any Anxiety Disorder Among Adults**

- An estimated 19.1% of adults in the U.S. had some form of an anxiety disorder in the past year.
  - An estimated 31.1% of adults in the U.S. experience some form of anxiety disorder at some time in their lives.
  - Among adults with any anxiety disorder, an estimated 22.8% had serious impairment, and 33.7% had moderate impairment.
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# Cultivating our Culture

## Anxiety and Depression –Part 1:

### Prevalence of Any Anxiety Disorder Among Adolescents

- An estimated 31.9% of adolescents had any anxiety disorder.
  - An estimated 8.3% had severe impairment.
  - Mental health disorders are the most common diseases that occur during childhood.
  - Over 17 million children in the U.S. suffer from a psychiatric disorder, such as anxiety or depression. While roughly half of all psychiatric illnesses become present before the age of 14, **less than half of depressed teenagers will be correctly diagnosed and treated.**
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# Cultivating our Culture

## Anxiety and Depression –Part 1:

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### Anxiety and Depression –Part 1:

#### Everyday Anxiety

OR

#### Anxiety Disorder

Worry about paying bills, landing a job, a romantic breakup, or other important life events

Constant and unsubstantiated worry that causes significant distress and interferes with daily life

Embarrassment or self-consciousness in an uncomfortable or awkward social situation

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Avoiding social situations for fear of being judged, embarrassed or humiliated

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### Anxiety and Depression –Part 1:

#### Everyday Anxiety

OR

#### Anxiety Disorder

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one

Realistic fear of a dangerous Object, place or situation

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Irrational fear of avoidance of an object, place, or situation that poses little or no threat of danger

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### Anxiety and Depression –Part 1:

#### Everyday Anxiety

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event

OR

#### Anxiety Disorder

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

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## Cultivating our Culture

### Anxiety and Depression –Part 1:

There is a relationship of negative thinking patterns and what we believe to be true about our self, others, and God.

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1. The Lie: I am not completely forgiven. Therefore I deserve to be punished.  
(Shame)
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1. The Lie: I am not completely forgiven. Therefore I deserve to be punished.  
(Shame)

The Truth: We are completely forgiven, and the cross was completely sufficient! (1 John 1:9)

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### **Anxiety and Depression –Part 1:**

There is a relationship of negative thinking patterns and what we believe to be true about our self, others, and God.

2. The Lie: I am a sinner saved by grace (Romans 6:2-4)

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### **Anxiety and Depression –Part 1:**

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2. The Lie: I am a sinner saved by grace (Romans 6:2-4)

**The Truth: I am New –Saint (Romans 6:18; 2 Corinthians 5:17)**

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### **Anxiety and Depression –Part 1:**

There is a relationship of negative thinking patterns and what we believe to be true about our self, others, and God.

3. The Lie: I have anxiety, so I must be out of God's will.

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### **Anxiety and Depression –Part 1:**

There is a relationship of negative thinking patterns and what we believe to be true about our self, others, and God.

3. The Lie: I have anxiety, so I must be out of God's will.

**The Truth: (James 1:2-4)**

\*What would you have me learn from this? (Ask God!)

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# Cultivating our Culture

## My Tools for Doing Work!

- Thought log/Journal:
- Practice Breathing:
- Note Cards - Positive Thinking:
- Education: Read, Read, Read, THE RIGHT STUFF!!!
- Counseling:
- Podcasts:
- Spotify Music Playlists:
- Progressive Muscle Relaxation Exercises
- Passive Progressive Visualization Scripts
- Organizational Routines:
- Centurions Who Guard You: \_\_\_\_\_
- Medication:

# Cultivating our Culture

## Anxiety and Depression –Part 1:

- Pre-frontal Cortex: responsible for impulse control, prioritization, wisdom, decision making.
  - Amygdala: This is the fear center of your brain.
  - Anterior cingulate: acts like a buffer between the Pre-frontal Cortex and Amygdala.
- ✓ When the anterior cingulate is highly developed and functioning well, it is what allows you to understand a God that is compassionate and personal.
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### Anxiety and Depression –Part 1:

- If we have a faith ruled by our Amygdala, it will be a fear based faith, probably given to legalism, trying to appease a wrathful and angry God.
  - If we have a faith that is dominated by our pre-frontal cortex, then we may have a logical, rational faith—or lack of faith. (Many atheists would have a faith that is ruled by their pre-frontal cortex.)
  - If we want a vibrant, thriving faith that understands a God that knows us and loves us and wants our best, and a faith that fuels us – even to see the needs of others, then we need a highly developed Anterior Cingulate.**
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## Cultivating our Culture

### Anxiety and Depression –Part 1:

**How do we develop the Anterior Cingulate?!**

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Anxiety and Depression –Part 1:

**How do we develop the Anterior Cingulate?!**

1.The number one way to grow the anterior cingulate is Prayer and Meditation!

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## **Cultivating our Culture**

Anxiety and Depression –Part 1:

**How do we develop the Anterior Cingulate?!**

1.The number one way to grow the anterior cingulate is Prayer and Meditation!

2.Faith based singing!

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- Prayer and meditation

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- Faith based singing

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