

## **Cultivating our Culture**

# ***Anxiety and Depression -Part 2***

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## **Cultivating our Culture**

### **Anxiety and Depression –Part 2:**



**ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA**

- More than 450 million people around the world live with mental illnesses.  
\*Source: World Health Organization
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## Cultivating our Culture

Anxiety and Depression –Part 2:

### **Bad Thinking:**

- The idea that we need to pretend we have everything together.
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- The idea that we need to pretend we have everything together.

### **Truth:**

- God already knows us fully and completely loves us regardless!
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## Cultivating our Culture

### Anxiety and Depression –Part 2:

#### **Bad Thinking:**

- The idea that we need to pretend we have everything together.

#### **Truth:**

- God already knows us fully and completely loves us regardless!

**Brokenness:** There's something that's not working in your life! It's a struggle from inside.

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## Cultivating our Culture

### Anxiety and Depression –Part 2:

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### **Anxiety and Depression –Part 2:**

Major Depression Disorder symptoms:

- Overwhelming feeling of sadness or loss of interest & pleasure in most usual activities.
  - Decrease or Increase of appetite
  - Insomnia or Hypersomnia
  - Constant fatigue
  - Feelings of worthlessness or excessive & inappropriate guilt
  - Recurrent thoughts of death & suicidal ideation
  - Diminishing ability to think, concentrate and make decisions
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## **Cultivating our Culture**

### **Anxiety and Depression –Part 2:**

**\*Feelings are a reliable indicator of your thoughts, but not of truth!**

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### Anxiety and Depression –Part 2:

**\*Feelings are a reliable indicator of your thoughts, but not of truth!**

1. What are the current sources of nourishment for your mind?
  2. Do these sources meet the criteria listed by Paul in Philippians 4:4-9?
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### Anxiety and Depression –Part 2:

Philippians 4:4-9

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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## **Cultivating our Culture**

Anxiety and Depression –Part 2:

**\*Feelings are a reliable indicator of your thoughts, but not of truth!**

- 1.What are the current sources of nourishment for your mind?
  - 2.Do these sources meet the criteria listed by Paul in Philippians 4:4-9?
  - 3.Check out [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org) or [www.sunnyskyz.com](http://www.sunnyskyz.com)
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## **Cultivating our Culture**

Anxiety and Depression –Part 2:

\*Joy and Peace is the normal state of a follower of Jesus (Romans 14:17)

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# Cultivating our Culture

## Anxiety and Depression –Part 2:

\*Joy and Peace is the normal state of a follower of Jesus (Romans 14:17)

### Barriers To Peace and Joy

- 1.The World
  - 2.The Flesh
  - 3.The Devil
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# Cultivating our Culture

## Anxiety and Depression –Part 2:

The Good News:

### John 10:14-15

<sup>14</sup> I am the good shepherd. I know my own and my own know me, <sup>15</sup> just as the Father knows me and I know the Father; and I lay down my life for the sheep.

### John 10:28-30

<sup>28</sup> I give them eternal life, and they will never perish, and no one will snatch them out of my hand. <sup>29</sup> My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. <sup>30</sup> I and the Father are one.”

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### Anxiety and Depression –Part 2:

**Joy:** a spiritual resilience that comes when rejoicing in God.  
(1 Thessalonians 4:13)

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**Joy:** a spiritual resilience that comes when rejoicing in God.  
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#### Happiness VS Joy -

Happiness is resting in the blessings and not the Blesser! Joy is directly in the Blesser.

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### Anxiety and Depression –Part 2:

**Peace:** is confidence and trust in God's wise control of your life.

- The opposite of peace is anxiety or worry.
    - Where does peace come from?
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### Anxiety and Depression –Part 2:

- Comparison is a thief of joy and peace.
- When we start to take comparison out of the equation and bring compassion in, we can start to find some healing
- We need to start thinking as kind and gentle and caring with ourselves.

\*What small action can I take today to take better care of myself than yesterday?

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### Anxiety and Depression –Part 2:

#### **Ephesians 2:10**

<sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

#### **1 Peter 2:9**

<sup>9</sup> But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may **declare the praises of him who called you out of darkness into his wonderful light.**

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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:
  - Prayer and meditation
  - Faith based singing
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