

Worry - the spice of life

Kunle Tauhid

What is anxiety?

It is psychological and physiological state of arousal caused by the brain's interpretation of stimulus as a threat

Common stress triggers

- Frequent lateness
- Constant anger or frustration
- Inability to do something.
- Money
- Being burned out/overextended.

Common stress triggers

- Forgetfulness
- The death of a close friend/relative
- Breakdown of a relationship
- Losing contact with loved ones
- Injury or illness (oneself or a family)

Common stress triggers

- Being abused or neglected
- Loss of job/fear of loss
- Any unforeseen circumstance
- Nothing
- Having a long TO DO list
- Overthinking/indecision

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

Matt 6:25-33

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matt 6:25-33

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it's the grain of sand in your shoe

Robert Service

¹³ No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.

1 Cor 10:13

Practical tips

- Process forward Ps 56:3-4
- Develop new habits/self care
- Do not take on too much
- Set limits
- Establish support systems
- Prayer and petition Phil 4:6
- Baby steps. Change one thing

Join us next Sunday at 10:30am

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