



# Anxiety:

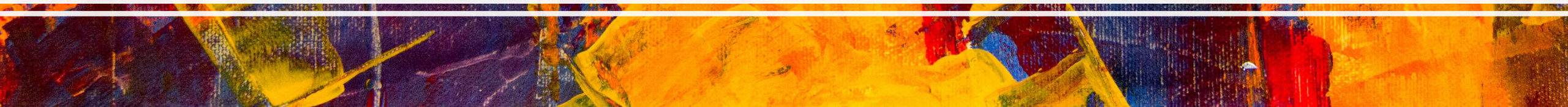
Making Sense of It and Dealing with It

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What's your view on anxiety?





**Don't worry about anything;  
instead, pray about  
everything. Tell God what you  
need. Thank Him for all that  
He has done. Then you will  
experience God's peace, which  
exceeds anything we can  
understand. His peace will  
guard your hearts and minds  
as you live in Christ Jesus.**

**Philippians 4:6-7, NLT**



**Where does anxiety  
come from?**

Secrecy  
Silence  
Judgment

Push down  
Hide  
Medicate





**Trauma**

**Adverse Childhood  
Experiences**

**Faulty God Image**

**Under-attended  
False Beliefs**


**Unprocessed Pain**

**Lack of Good Teaching**







A person is sitting on a wooden pier that extends into the ocean. The scene is set at sunset or sunrise, with a warm, orange glow on the horizon and a dark, cloudy sky. The person is seen from behind, looking out at the vast expanse of water. The pier is made of dark wooden planks that lead the eye towards the horizon.

## Practical steps:

- Breathe
- Exercise
- Good eating
- Limit alcohol and caffeine
- Practice good sleep hygiene
- Challenge thinking
- Feed your soul
- Practice gratitude
- Accept a long-range view
- Pray your worries





**Is this worry realistic?**

**How likely is this to happen?**

**What is the worst possible  
outcome if this does happen?**

**Could I hand that?**

**What would I do?**

**If this happens, what does that say  
about me?**

**What is realistic to do to prepare  
for this possibility?**



## **The Practice of Daily Gratitude**

