

# HOW TO QUIET ANXIETY IN A BIBLICAL WAY

*Jessica Hatton*

**All quotes are from Jessica Hatton unless otherwise noted.**

50% of people in the US struggle with some form of depression and anxiety.

When people have long untreated anxiety we end up seeing depression that follows.

23% (1 in 4 women) are on some form of anti-depressants.

Teens are the fastest growing group with anxiety/depression.

Since the year 2000 there has been a 50% reduction of people who are claiming to be a Christian.

What we believe directly impacts how we feel.

Faith can potentially override an unhealthy brain (in brain scans.)

Emotional part of the brain slowed while the intellectual piece of the brain increased - during prayer time in brain scans.

Who we put our trust in directly impacts how we are going to respond to stressful situations in our lives.

God gave you emotions to tell you what you need and what you feel. He gave you the ability to think so you can make choices and so you can determine good from evil.

We live in a fallen world and if we are not careful, we can allow our thoughts and feelings to lie to us and cause us anxiety.

2 things the world lies to us about:

- uncomfortable emotions are bad + to avoid them
- it's ok to be anxious

We become stunted and are unable to grow.

It's ok to struggle, it's not ok to claim that.

You are settling for less if you claim anxiousness as who you are.

Do not let it define who you are.

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Regardless, don't leave with the stigma or belief that you are that struggle.

The only person who can define you is Jesus.

Godly men and women in the Bible struggled with the same emotions that we struggle with.

Hannah (barrenness)

Moses (God sent Aaron too)

David (weeping into pillow)

Elijah (paranoid because Jezebel was trying to kill him)

The shift came from reframing (change in perspective) - go from looking at your own pain and shift it and see it from the Lord's eyes.

It's not my will but Your will be done.

Traditional anxiety can come from two different things:

Integration of the brain (left and right hemisphere) and the top and bottom

Journaling (pen and paper) - one of the few activities that stimulates both left and right hemispheres of brain

Talk therapy is one of the best things you can do. Processing emotions.

The highest predictor of counseling - client and counselor trust and your ability to talk and get it out.

Left brain:

analytical

likes lists

very specific

organized

Right brain:

creative

nonverbal

expressive

flexible

You have a natural tendency to go towards one way.

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When you are anxious, you have no ability to think logically and clearly until you calm your brain down. You are only operating off of your limbic system.

**Activity:**

Left side of page, draw a line - scale of 1-10

1 at the bottom, 10 at the top

low zone 1,2,3 - what are you thinking, feeling (emotionally and physically)?

typically pretty calm

no tears

can have a conversation

mid zone 4,5,6,7 - how do your symptoms change?

high zone - 8,9,10 - imagine a panic attack would be at 10 (can't breathe, feel like you're having a heart attack) list your symptoms

Take some time, go through this activity and fill in as many details about each number on your scale. At what number are you starting to tear up? At what number is your pulse racing?

Be in tune with where you are on this scale.

Be aware of your triggers. You are always triggered by something. If you shot up fast because you were already dealing with something that had you in the mid zone.

**Tools:**

**Low zone:** you still have the ability to think clearly. Logic comes in.

Questions to ask: What can I do last time this happened? What can I do differently? What is the evidence in my life to fight against this lie? Why do I feel this way? What is the trigger that set me off?

Remember Godly truths. Remember scriptures.

Memorize a few scriptures that can ground you. Meditate on those scriptures.

**Mid zone:** sensory tools

Any of your five senses. Get outside and enjoy the sunshine. Walk barefoot in the grass and then switch and walk on something cold. Eat something sour. Getting a firm embrace/hug. Take a bubble bath. Use essential oils. Stress balls.

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muscular

parasympathetic

**Muscular:**

Your body is filled with adrenaline. That adrenaline has to go somewhere (release it.)

High intensity movements or muscle contractions. Jumping jacks. Sprinting.

Learning to ride the wave of the uncomfortable emotion - release it (tears)

Crying releases adrenaline.

**Parasympathetic:**

Breathing activities.

Practice candle breaths (blowing out a candle)

Deep muscle contractions. Tense muscles groups one at a time and then release.

Meditate on scripture, thanksgiving, prayer, blessing.

Your emotions are often coming from things you're thinking - identify the lies.

**Thought Recipe:**

You cannot cook something unless you know it by heart.

Don't skip steps.

**Step 1:** Write down distressing thought. (not feeling or emotion)

**Step 2:** What emotions does that thought bring to you? Label all emotions. Beside each emotion - how severe is it (1-10)?

**Step 3:** Prove that thought correct. 3 things to prove it right (evidence) (I was told this, this happened in my life that taught me this...)

**Step 4:** Prove that thought wrong. 3 pieces of evidence that prove it wrong.

**Step 5:** Even if something is true sometimes, it doesn't mean it's true all the time. Come up with a more balanced thought.

Take those original emotions and re-write them after coming up with a more balanced thought.

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**Extra step:** are there any other things that you feel in addition or that you didn't feel before?  
(proud, thankful, capable) any positive emotions that you feel now?

Take any stressful thought and work through it step by step. If you have a reduction in any of the feelings, it's huge.

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Peace - experience the full blessing that the Lord has in store for you.

You are not alone.

It's ok to struggle. Do not identify as your struggles.

If you settle to be anxious, you are missing out on what He has in store for you!.