Stress, Fear, & Anxiety: Navigating Life Well

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What do we mean when we use these terms?

FEAR

Fear's main job is to protect Riley and keep her safe. He is constantly on the lookout for potential disasters, and spends time evaluating the possible dangers, pitfalls and risk involved in Riley’s everyday activities. There are very few activities and events that Fear does not find to be dangerous and possibly fatal.
The Why, What, & How?

– Why do we experience stress, fear, & anxiety?
– What causes stress, fear, & anxiety?
– How do we respond when we do?

Life: provisions in housing, food, clothing, money
(Matthew 6:25-34)
What or Who Determines these Factors?

– With whom do we associate?
– Where are we looking?

Our Focus Determines Our Direction
Personal Expectations for “Living Well”?

1. get moving
2. ditch the fad diets
3. chill out, man
4. eat a rainbow
5. don’t tread on snails
Biblical Expectations for “Living Well”?

- **Matthew 6:34** - “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

- **1 John 4:18** – “There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.”

- **Hebrews 13:6** – “The Lord is my helper; I will not fear; what can man do to me?”

- **Romans 8:38-39** – “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”
“As the Father has loved me, so have I loved you. ABIDE in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full” (John 15:9-11).

“For I consider the suffering of this present time are not worth comparing with the glory that is to be revealed to us... For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers” (Romans 8:18, 29).

4 CLUES TO YOUR LIFE PURPOSE

1. PASSION
   What are you interested in?
   What do you love?
   What fascinates you?
   What moves you?

2. NEEDS
   How can you be of service in the world?
   Where can you give what you most want to receive?
   Who needs the kind of help you can provide?

3. TALENTS
   What do you do well?
   What comes naturally to you?
   What are your inherent gifts?
   Where do you stand out?

4. VALUES
   What is important to you as a human being?
   What is spiritually meaningful to you?
   Where does your moral compass point?
   How do you want to contribute?

Purpose is the Difference
Cognitive-Behavioral Model of the Maintenance of Anxiety-Related Disorders

- Maladaptive Beliefs
- Fear Cue (Trigger)
- Negative Automatic Thoughts
- Anxiety
- Safety Behaviors

Biased processing
Prevent disconfirmation
Anxious arousal
Adjusting Our Perspective

- Fear of Failure?
- Fear of Missing Out?
- Fear of Fear or Suffering?
The Growth Zone & The Opportunity to Fail
Understanding Our Emotions

Dam & Reservoirs Provides Control to:
- Generate Power
- Protect Others
- Grow
  (water, irrigation = knowledge, insight)

Loss of Control (Overwhelmed by Emotion)
  = Destruction

Lack of Flow Causes Stagnation
  = Reduced Capacity, Bacteria, & Disease
Our Focus Determines Our Direction

- **Thoughts** (Rom. 8:5; Eph. 4:23; Phil. 4:8)
  Cognitive Reframe, Growth Mindset, Set Your Mind
- **Emotions** (Eph. 3:17-19; Col. 3:12-15)
  Explore Doubt, Face Failure, Expand Expression
- **Behavior** (Lk. 6:45; James 2:22)
  Balance, Deep Breathing, Coping & Calming
Questions or Comments?

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