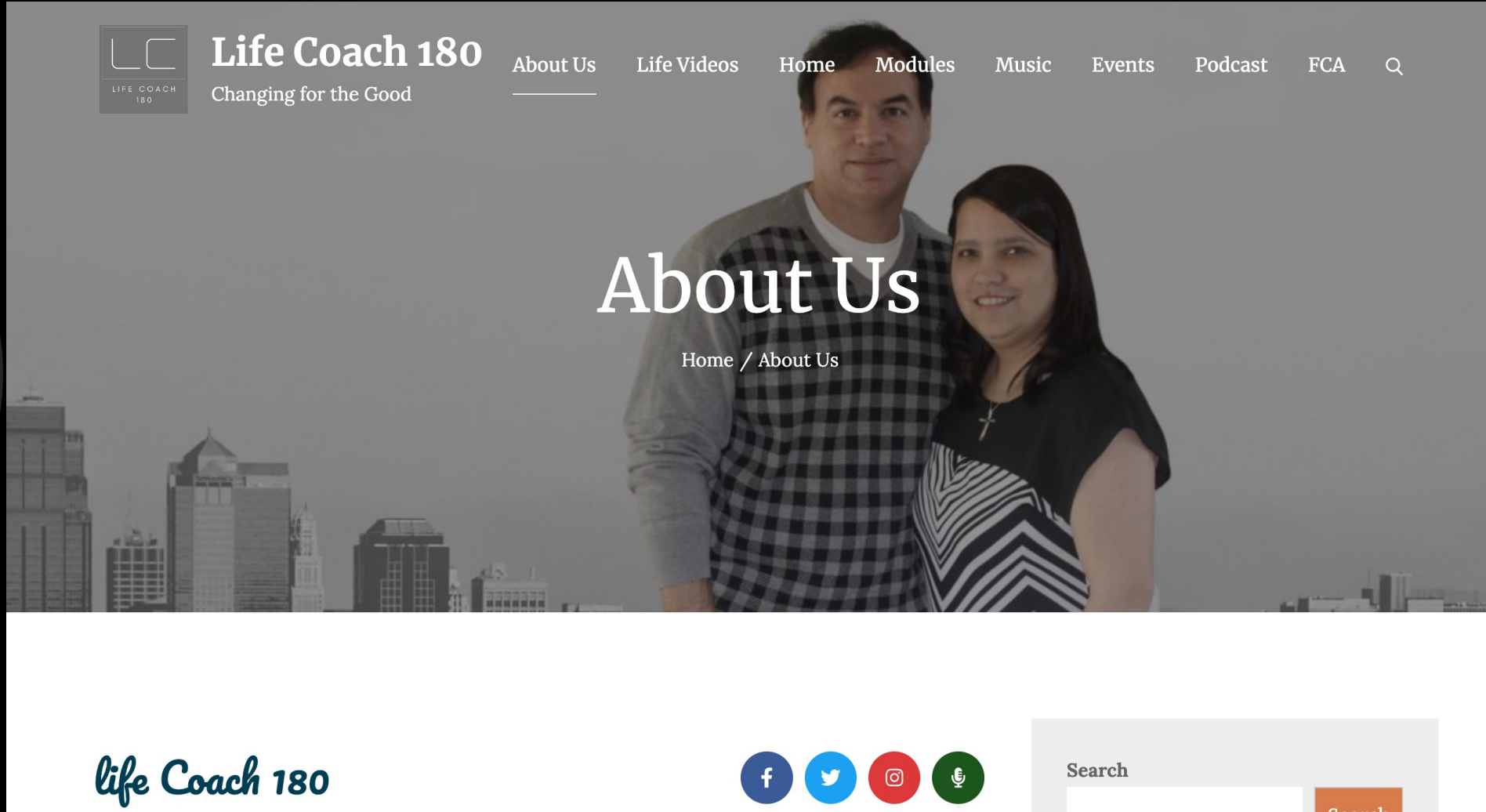


Introduction:



Ben Lopez M.ed. & ESOL Specialist

# What is the Why About the Blizzard of Anxiety?

- **According to Mentalhealth.org, “It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems. However, anxiety can be a problem if it affects your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a mental health problem.”**  
Predicting the blizzard of anxiety and preparing with Godly principals and scientific backed tools will help you thrive even throw the bomb cyclone of anxiety.

# Expectations

- Respect each others time and opinion.
- Validate and support each other.
- There are no wrong answers only opportunities for solutions.
- Instructors are providing tools, prayer and support.
- Completion of two classes will allow participants to enter into a raffle drawing.
- Complete 21 day challenge and qualify for the HD celebration party.

# Objectives

- Today I will complete the HD Class based on direction from Scripture and scientific research.
- So that I can determine my level of anxiety, explain the role of anxiety and how I can be free from its grip. Apply tools that will help me conquer anxiety.
- I know I have it when I have completed two journal entries, answered my guided notes, participated in class by answering questions and completing the 21 day challenge.

## Lessons 1

- Blizzard of Anxiety Blinds You
- Facing the Blizzard of Anxiety is a choice.
- Understand what is keeping you warm from anxiety
- Dress for the Winter of Anxiety

The image features a serene winter scene. In the foreground, a wooden boardwalk made of dark planks leads the eye towards the horizon. The ground is covered in a soft, white snow. The background consists of rolling hills or mountains, also blanketed in snow, under a deep blue night sky filled with numerous bright, out-of-focus stars and light flares, creating a magical, ethereal atmosphere.

The Blizzard of  
Anxiety Blinds  
Your view

# Encountering the Blizzard of Anxiety and Depression

- In life we can't prevent a blizzard or a winter storm from being encountered. They both bring freezing and dreary weather, and we must adjust and prepare for both. One comes quickly to overpower and consume while the latter has a longer duration intended to beat us down.
- Anxieties job is to beat you down day after day with thoughts that give rise to feelings of despair and hopelessness.

List Several ways Anxiety can be compared to a winter storm.

- Winter has a way for leaving you frozen and alone.
- The cold can be so intolerable you don't want to go outside.
- The blizzard of emotions can create such a pressure it closes you inside yourself.
- Just like freezing and desiring warmth, you can meditate and focus on one thought.



# Common Signs of Anxiety that Blind You

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- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

The background of the image is a serene winter scene. In the foreground, a wooden boardwalk made of light-colored planks leads from the bottom center towards the horizon. The ground on either side of the boardwalk is covered in a soft layer of snow. In the distance, rolling hills or mountains are visible, also covered in snow, under a dark blue night sky filled with numerous bright, out-of-focus stars and light flares, creating a magical, ethereal atmosphere.

# Facing the Blizzard of Anxiety is a Choice

**PREPARING FOR THE BLIZZARD OF ANXIETY**

# Facing the Blizzard of Anxiety is a Choice Story Feeding the Two Wolves

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- *An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is **anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.**”*
- *He continued, “The other is good – he is **joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.** The same fight is going on inside you – and inside every other person, too.”*
- *The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”*
- *The old Cherokee simply replied, “The one you feed.”*
- **Which one will you feed?**

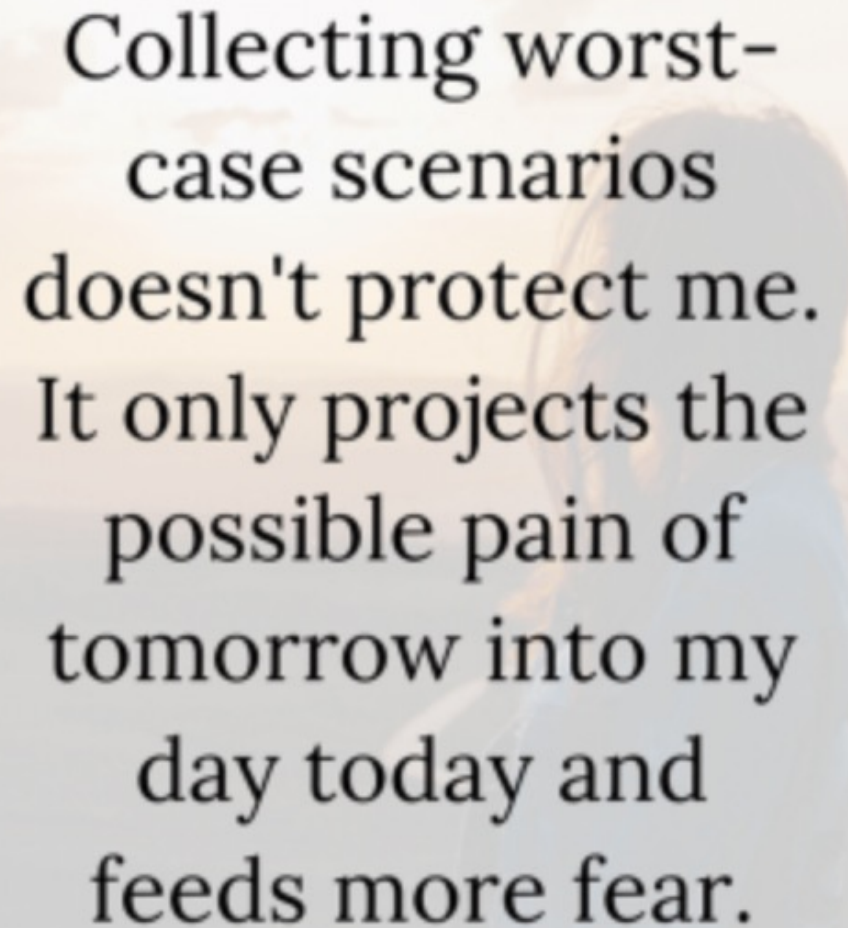




The story of two wolves depicts emotional self-control and acts as a powerful reminder of our control over our experiences and feelings. The story of two wolves represents the most essential conflict of our lives: the war between our positive and negative beliefs.

# Why imagine the worst, when you can imagine the best?

- Each day you have a choice to listen to your own mental radio station. It can be FM or AM. It's your choice!
- **Do not conform to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's perfect and pleasing will is. (Romans 12:2 NIV)



Collecting worst-case scenarios doesn't protect me. It only projects the possible pain of tomorrow into my day today and feeds more fear.

Lysa Terkeurst

# The Nail in the Fence

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












## Nails In The Fence


by Saksham T



Written by Saksham T

Power to  
Journal:  
Transform  
Your Day in 10  
Minutes

Date	<b>Bible Verse</b>  "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10 NIV	 <b>Today's score card is....</b> 
	 <b>Unpack It:</b> <b>Red</b>  <b>Yellow</b>  <b>Green</b>	
	 <b>Today's Tool</b> <b>Draw strength from the Lord and walk by His side today.</b> God is the source of your courage and there isn't a need to fear. Fear will no longer wait for you around the corner because God awaits for you there.	<b>lbs.</b>  <b>Fruit</b> 
	. . .  <b>My Reflection</b>	<b>Today I feel...</b>   
<input type="checkbox"/> <i>Requests</i> 	<i>Grateful!</i>	

The background of the image is a serene winter scene. In the foreground, a wooden boardwalk made of dark planks leads from the bottom center towards the horizon. The ground on either side is covered in a soft, white snow. In the distance, rolling hills or mountains are visible under a deep blue night sky filled with numerous bright, out-of-focus stars, creating a bokeh effect. The overall mood is peaceful and contemplative.

Understand what  
is keeping you  
warm from  
anxiety

**PREPARING FOR THE BLIZZARD OF ANXIETY**



# Learn to embrace your feeling and emotions

- Marc Brackett, Director of Yale University Center for Emotional Intelligence shares, “When we deny ourselves permission to feel, a list of unwanted outcomes ensues.”
- The danger lies when you bottle your emotions in or look for different ways to suppress them.
- **When has there been a time when you have bottled up your emotions?**

# Signs of Emotional Suppression vs. Reappraising (Calda Clinic)

- **Emotional Suppression** happens when uncomfortable thoughts and feelings are pushed out of the mind. People do this in a variety of ways, from using distraction (i.e. watching TV), or numbing (through drugs and alcohol), to overeating or controlling food intake.<sup>1</sup>
- **Emotional Reappraising** is when you make a conscious effort to recognize how you feel and prepare to avoid any set-backs by “channeling strong emotions into physical activity (i.e. running, or going to the gym, walking, working on a project).<sup>1</sup>
- **Emotional Reappraising God’s Way-** Prayer, journaling, memorizing scriptures that focus specifically on the need, fellowship and service (**activator**-using your pain to help others).

What has been some unhealthy and healthy ways you have dealt with anxiety or negative emotions?

- (Unhealthy)	+(Healthy)

**Don't Own It!**



Take some time to pray and present them to God. Pause right now!

# Dress for the Winter of Anxiety

**PREPARING FOR THE BLIZZARD OF ANXIETY**

How do you  
prepare for  
the  
“Emotional  
Blizzard”?

- We must confront the circumstance by strapping on our winter garments from our hat, hoodies, gloves, thermal underwear, coat and finally our boots. In nature animals don't sit around wondering what will happen to them during the winter months, but begin to prepare for the harshness that approaches. For example, squirrels begin to collect nuts for the winter, and bears consume as much food (fish and berries) as they can to survive hibernation. “Each species handles the weather getting colder and the days getting shorter differently; some animals hibernate, some animals migrate, and some animals adapt to the climate around them.”<sup>2</sup>

Reflect and Compare: When the pressure is on, I....

**ADAPT**



Adjust and manage  
my emotions

**HIBERNATE**



Hide and sleep away  
my emotions

**MIGRATE**



Fly or run away  
from my emotions

# From Victor to Victim

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- Avoid the pitfalls of Elijah which was one of the greatest prophets ever. From stopping the rain for three years by God's will, to running faster than a chariot in order to bring God's promises to a city; used by God to destroy Baal (false God's) and the prophets by praying God would summon fire from Heaven to burn water-soaked logs. To finally being reduced to a suicidal state by the words of Jezebel the wife of the King threatening to kill him.



# Fear of the Unknown Brings Anxiety (1 Kings 19:3)

- **Elijah was afraid and ran for his life.** When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness.
- **Solution: Trust**
- **"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand"** (Isaiah 41:10)



## Giving Up Brings Anxiety (1 Kings 19:4)

- “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.”<sup>5</sup> Then he lay down under the bush and fell asleep.
- Solution: Focus on the Prize! (Find Value)
- “But as for you, be strong and do not give up, for your work will be rewarded.” (2 Chronicles 15:7)
- “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize” (1 Corinthians 9:24).

# Anxiety Steals Your Appetite for Life (1 Kings 19:5,6)

- All at once an angel touched him and said, “**Get up and eat.**” <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. **He ate and drank and then lay down again.**
- Solution: Your Spiritual and physical diet will determine your success.
- Jesus answered, “It is written: ‘**Man shall not live on bread alone**, but on **every word that comes from the mouth of God**’” (Mathew 4:4).
- “**So whether you eat or drink or whatever you do, do it all for the glory of God**” ( 1 Corinthians 10:31).
- Poor diet can bring on depression and anxiety.

# Diet and depression (Harvard Research Educational Blog)

- What it boils down to is that what we eat matters for every aspect of our health, but especially our mental health.<sup>3</sup> Several recent research analyses looking at multiple studies support that there is a link between what one eats and our risk of **depression**, specifically. One analysis concluded:
- "A dietary pattern characterized by a high intake of **fruit, vegetables, whole grain, fish, olive oil, low-fat dairy and antioxidants** and low intakes of animal foods was apparently associated with a decreased risk of depression. **A dietary pattern characterized by a high consumption of red and/or processed meat, refined grains, sweets, high-fat dairy products, butter, potatoes and high-fat gravy, and low intakes of fruits and vegetables is associated with an increased risk of depression.**"<sup>4</sup>

# Deflection Results from Anxiety(1 Kings 19:10)

- He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”
- Deflecting occurs when you blame everyone but yourself and refuse to take responsibility.
- The LORD detests lying lips, but he delights in men who are truthful. (Proverbs 12:22 NIV)
- He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. (Proverbs 28:13)

# Face Your Blizzard (I Kings 19:15,16)

- The LORD said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram.
- 16 Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.
- Solution: Face your struggle
- "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalms 23:4)
- "When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" (Ephesians 6:10)

# Nearpod Challenge



**GAME**  
TIME

# Resources

- 1. <https://caldaclinic.com/dangers-of-suppressing-emotions/#:~:text=Emotional%20suppression%20happens%20when%20uncomfortable,overeating%20or%20controlling%20food%20intake.>
- 2. <https://vetmed.illinois.edu/hospital/wildlife-medical-clinic/wmc-blog/winter-preparations-can-help-wildlife/>
- 3. <https://www.health.harvard.edu/blog/diet-and-depression-2018022213309> (Monique Tello, MD, MPH, January 29, 2020)
- 4. <https://www.sciencedirect.com/science/article/abs/pii/S0165178117301981> (Psychiatry Research Volume 253, July 2017, Pages 373-382)

# Resources:

- 5. [https://www.youtube.com/watch?v=dtpdT1TFdpc&t=25s&ab\\_channel=Sunflowerboy\\_xd74](https://www.youtube.com/watch?v=dtpdT1TFdpc&t=25s&ab_channel=Sunflowerboy_xd74)
- 6. [https://www.youtube.com/watch?v=5bWanpZTnSQ&t=137s&ab\\_channel=Movieclips](https://www.youtube.com/watch?v=5bWanpZTnSQ&t=137s&ab_channel=Movieclips)
- 7. <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety#:~:text=It%20can%20spur%20us%20on,of%20a%20mental%20health%20problem.>
- 8. [https://www.youtube.com/watch?v=Wdl2BUXPYLQ&ab\\_channel=Giftedness](https://www.youtube.com/watch?v=Wdl2BUXPYLQ&ab_channel=Giftedness)