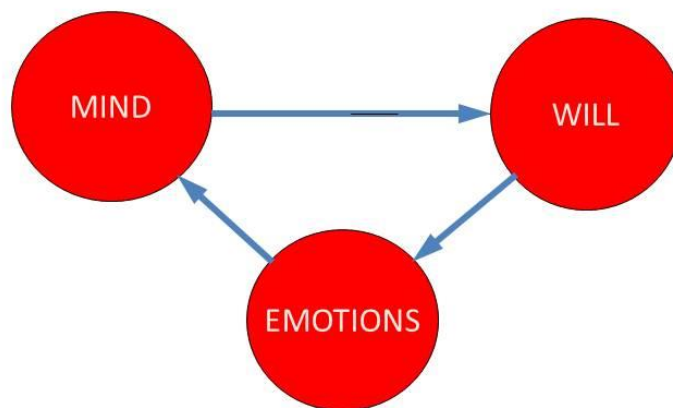


## ANXIETY

All of us created as human beings are prone to be anxious. Being **Anxious** : **Is an emotion /Feeling** of showing worry, nervousness, or unease about something with an uncertain outcome.

Emotions such as anxiety, fear, guilt, shame, anger and others are found in the soul area of the human psyche. ( The soul is comprised of the mind/emotions and will )

## MIND, WILL & EMOTIONS.



### DEFAULT PROGRAMMED/DIVINE ORDER OF THE SOUL

We may feel anxious before an important event like a job interview, presentation, or moving to a new place.

When your anxious feelings do not go away after an event has ended, or you don't know why you are feeling anxious, you may have anxiety.

But in most cases its anxiousness accelerates into Anxiety. **Anxiety** is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure. It is when it becomes Intense, excessive and persistent worry and fear about everyday situations. It is usually demonstrated with:

### Anxiety: emotional symptoms

- Worrying
- Nervous
- Fearful
- Unable to think clearly
- Trouble focussing
- Overwhelmed

## Anxiety: physical symptoms

- Sweating
- Trembling
- Insomnia
- Restless
- Rapid breathing
- Upset stomach
- Nausea

To overcome anxiety, we must know what the causes are:

## Common causes of anxiety

- Stressful time at work
- Changing jobs
- Relationship problems
- Financial worries
- Grieving the loss of a loved one
- A major life events
- Trauma
- Abuse
- Living with mental illness / chronic illness (e.g. diabetes)
- Rejection ( The combination of Rejection and Anxiety is lethal )
- Generational
- Substance use (Drugs & Alcohol )

nervous system. The spinal cord is central to the functions of the entire nervous system. It works hand in hand with other spirits such as fear, stress, depression and nervousness.

The root of all fear, anxiety, and worry is an orphan spirit

The most common cause is **stress**, **trauma** and **being abandoned or rejected at some stage**.

A component termed **Stressor** compresses within us causing stress. A Stressor is basically anything that causes the release of stress hormones which impacts our behaviour, mood and life.

A stressor can be :

- **Physiological:** whereby the stressor is a *physical* factor like pain, chemicals and drugs, illness, intense heat or cold, physical discomfort, etc.
- **Psychological,** whereby something is *perceived* as threatening or difficult, like heavy traffic, a painful family get-together, work deadlines, money problems, etc.

Both Physiological or Psychological processes in the brain and body produces the *stress response*. Such as heart rate increase, sweating, restlessness etc

Tend to often get overwhelmed searching or looking for safety.

Depression very often goes hand in hand with anxiety. The word depression according to the dictionary means severe, typically prolonged feelings of despondency and dejection. Sadness and loss of interest. Anxiety disorder is usually used to describe a disorder that manifests as nervousness, fear and panic attacks.

**The spirit of anxiety is a bondage spirit and the Holy Spirit showed me that it wraps itself around the spinal cord and has control over your central.**

In extreme cases from anxious to anxiety if not dealt with , it can accelerate into severe anxiety disorders, several types of anxiety disorders exist:

- **Agoraphobia** is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.
- **Anxiety disorder due to a medical condition** includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.
- **Generalized anxiety disorder** includes persistent and excessive anxiety and worry about activities or events . The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically. It often occurs along with depression.
- **Panic disorder** involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, chest pain, or a rapid, fluttering or pounding heart (heart palpitations). These panic attacks may lead to worrying about them happening again or avoiding situations in which they've occurred.
- **Selective mutism** is a consistent failure of children to speak in certain situations, such as school, even when they can speak in other situations, such as at home with close family members. This can interfere with school, work and social functioning.
- **Separation anxiety disorder** is a childhood disorder characterized by anxiety that's excessive for the child's developmental level and related to separation from parents or others who have parental roles.
- **Social anxiety disorder (social phobia)** involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.

- **Specific phobias** are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- **Substance-induced anxiety disorder** is characterized by symptoms of intense anxiety or panic that are a direct result of misusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.
- **Other specified anxiety disorder and unspecified anxiety disorder** are terms for anxiety or phobias that don't meet the exact criteria for any other anxiety disorders but are significant enough to be distressing and disruptive.

**Try these when you're feeling anxious or stressed:**

1. Take a time-out. ...
2. Eat well-balanced meals. ...
3. Limit alcohol and caffeine, which can aggravate **anxiety** and trigger panic attacks.
4. Get enough sleep. ...
5. Exercise daily to help you feel good and maintain your health. ...
6. Take deep breaths. ...
7. Count to 10 slowly. ...
8. Do your best.

See your doctor or a mental health provider before your anxiety gets worse. It's easier to treat if you get help early.

The root of all fear, anxiety, and worry is an orphan spirit

**But the best cure is when it is dealt with at the root cause in the soul. God has a way when there is no other way:**

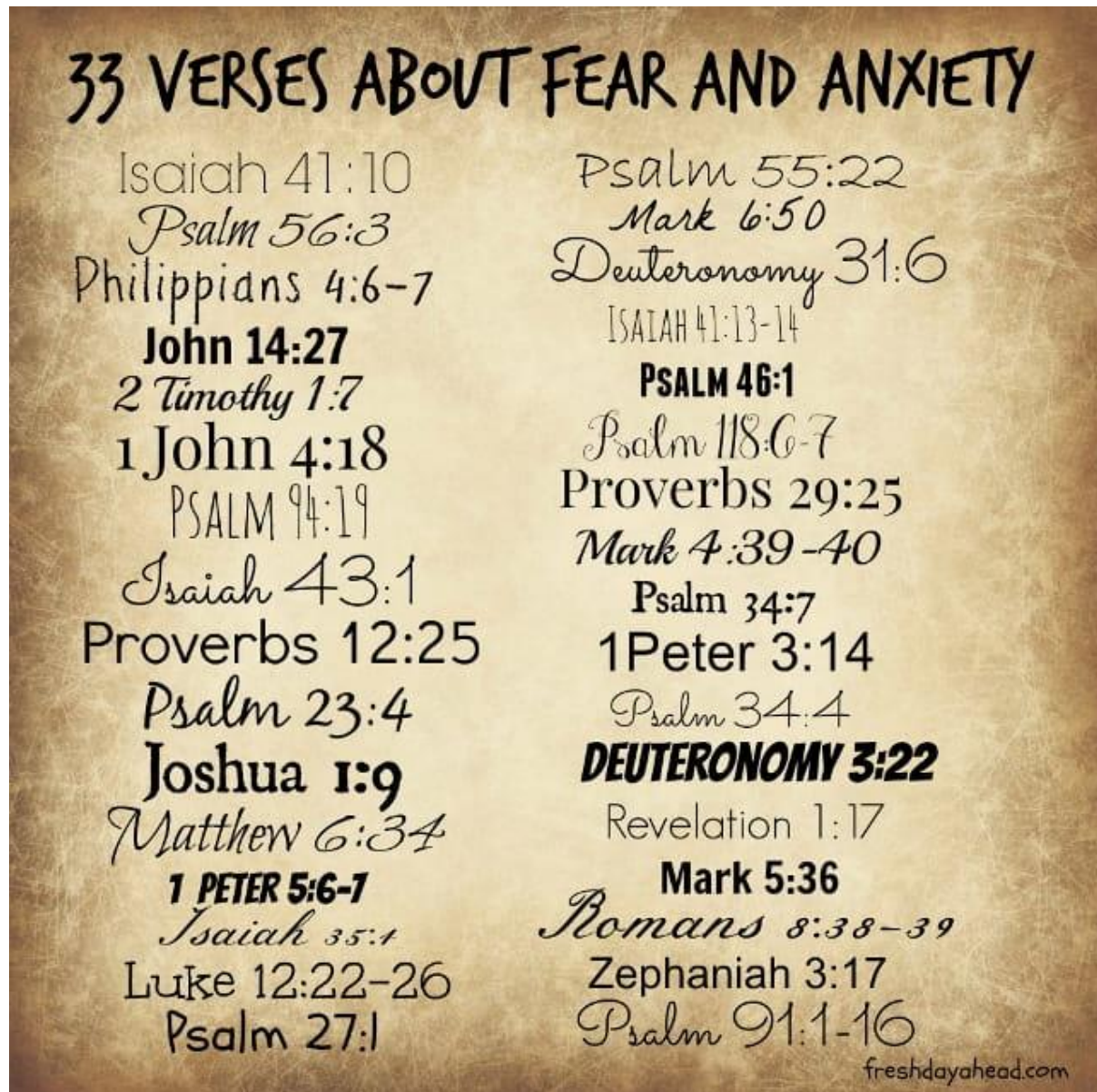
**2 Timothy 1:7** For God gave us a spirit not of fear but of power and love and self-control. **1 Peter 5:7** You have promised to take care of me. **Psalm 46:10** Thank you for being my refuge; a very present help in times of trouble.

God gives you the courage to change the things I can, Grace to accept the things I can't and wisdom to know the difference.

Emotional or Inner Healing , Gods word , Prayer & Deliverance will set you free and give you peace that passes all understanding.

**Emotional healing** involves integration of the fragmented parts of our soul to be surrendered to Jesus Christ ( *Isaiah 53:5* ) -journey with intercessor to understand a past experience, apply the blood of Jesus Christ, claim the Healing balm, invite the Holy Spirit and Resurrection power that raised Jesus Christ to power and victory- to resolve it fully.. With **emotional healing**, the past traumatic experience will no longer control our thoughts, feelings and **emotions**

**Claim & meditate on God's word -Soul food and medication..**



How do we overcome them? First, we have to consider these thoughts to be agents of the enemy. They have been planted in our lives by the devil. Every morning, when you wake up, treat worry, anxiety, and fear like your enemies.

Second, turn every anxious and worrisome thought into a prayer until you find victory. Tell God, "This is what's bothering me today." Transform your worry list into a prayer list. Phil. 4:6 says, "Be anxious for nothing, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Third, confess that God is your loving Father and He cares for you. Let go of your orphan spirit. Orphans are on their own and have to take care of their own problems. But we are not orphans! Start rejoicing that you have the best Father in the universe.

Well-fathered children are fearless children. That's why God tells us not to fear, not to be anxious, and not to worry. He is the answer to every problem, and like a loving, gracious Father, He has promised to take care of us

**DELIVERANCE.**