Anxiety

The last time I stepped into a store was a year ago. It was busy, and a crowd of shoppers seemed to pour in while I was getting groceries. I felt an “unreal” feeling overtake me as I was engulfed by a growing sense of panic. My heart felt like it was going to pound out of my chest, and it seemed as though I was attempting to breathe through a thick wet cloth. I began to sweat profusely, with what felt like “rivers” running from my temples, arms and hands. Everything inside me cried out, “This is crazy! Just fight it!” But the sensation was unrelenting. I gripped the shopping cart as tightly as possible, hoping to return to some sense of reality. Finally, I left my groceries in the cart and fled the store. After the longest time, I finally drove myself home by exercising all the sheer determination I could muster.

Symptoms of Anxiety:

Everyone worries or feels anxiety from time to time. However, when these feeling become prolonged and pervasive, the person may be suffering from some form of an anxiety disorder. Watch out for the following signs:

- Troubling and recurrent intrusive thoughts
- Difficulty concentrating or mind “going blank”
- Feeling numb or detached
- Hyper-vigilance or being overly watchful
- Being in a daze
- Feeling keyed up or on edge
- Sleep disturbance
- Easily fatigued
- Muscle tension

Did You Know?

Anxiety in its various forms will effect up to 10% of the general population during their lifetime. Some suffer from generalized anxiety, worrying consistently and excessively about a number of events or possibilities. Others like the scenario above, experience debilitating and terrifying panic attacks. Some people suffer distressing flashbacks to some previous trauma, or are tormented by unwanted thoughts.
A Christ-centered Response:

Acute panic or chronic struggles with debilitating anxiety will necessitate professional intervention. Here are some principles to utilize when determining the type of care required:

- **Faith** – Biblical faith has eternal and powerful principles for divine strength and wisdom (2 Timothy 3:15-16). “When I am afraid, I will trust in You.” – Psalm 56:3

- **Acceptance** – Real change often requires an environment of emotional safety and unconditional acceptance.

- **Inquiry** – When evaluating the physiological, psychological, environmental and spiritual issues involved in treating anxiety, a comprehensive approach is most effective. People are complicated and anxiety can be a complex disorder, requiring a thorough assessment of the problem.

- **Thinking** – The biblical process of “renewing the mind” calls for us to examine how we think about ourselves and the issues in our lives (Romans 12:1-2). Christ-centered counseling will facilitate healthy thought patterns.

- **Hope** – Help is available! It is unnecessary and unproductive to struggle alone.

The counselors of the Sagemont Counseling Center are highly trained professionals. Our treatment philosophy integrates the highest quality of clinical care with biblically based therapy. We offer various treatment options designed to help people experiencing a wide range of problems. If you need further information, assistance, or a confidential consultation, please call: 281-481-8770, ext. 2763.