The background features a light pink color with large, overlapping abstract shapes in shades of red, teal, and dark grey. Scattered throughout are white line-art illustrations of dandelion-like seed heads and small black dots.

Overcoming Anxiety: Examining Its Roots and Shoots, and Ways to Make It Leave

Roots of Anxiety...

UNREALISTIC EXPECTATIONS

- Every student comes to learn
- I can connect with every student
- Students love my content area as much as I do
- This is the only time they can learn content
- Learning this content is the most important thing for them right now
- All students should both love and respect me

COMPARISON

Comparing ourselves to others on any level: popularity, success, charisma, talent, social standing, intelligence, athletic ability, spiritual depth, friendships, physical condition, wealth, wisdom...



BRAIN BENDS

- Ruminating on past failures, the inability to meet personal goals, and losses of all types, whether real or perceived
- Incessant focus on what we lack, what is missing, what we broke or blew up, or what we think God is keeping from us

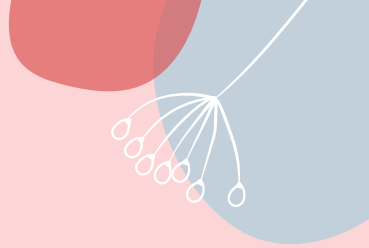
FEAR OF MAN

- Incessant worry about what students think of us, how parents perceive us, what the members of the admin team think of us, and allowing that worry to shape our sense of value as a teacher.
- Being afraid to stand for what is right and true in the classroom

ANXIOUS ROOTS DEVELOP INTO DESTRUCTIVE SHOOTS...

God doesn't love me
It's all up to me
God is not good
No one likes-loves me
I'm not smart enough
I'm not worthy of love
I can't handle things
I have no purpose
I don't fit in
I can't change who I am
No one gets my pain
I'm not good enough
It's not my fault
I deserve better...
I screwed up too bad
My feelings matter most
I can't control my emotions
I shouldn't have to suffer
It's all about me
God has no plan for me

bitterness, depression, rebellion
perfectionism, legalism, bitterness
disbelief, anger, rebellion
isolation, social anxiety, depression
passivity, low ambition, laziness
anger, isolation, sorrow, sadness
anxiety, panic attacks, insomnia
laziness, addictions, rebellion
comparison, self-exclusion, hatred
anger, unforgiveness, acting out
martyrdom, cynicism, anger
perfectionism, anger, despair
rebellion, disobedience, blaming
ingratitude, infidelity, addictions
disbelieving the Gospel
emotional dysregulation, self-pity
broken relationships, foolishness
martyrdom, faithlessness, self-pity
selfishness, foolishness, isolation
rebellion, anxiety, depression



The background is a light pink color with various abstract shapes and patterns. There are large, overlapping circles in shades of red, blue, and white. Some circles contain smaller black dots. There are also white line-art patterns that look like stylized flowers or dandelions with multiple thin lines radiating from a central point to small ovals. The overall aesthetic is modern and minimalist.

Practical strategies to leave anxiety behind..

-The Jesus Prayer

-Breath prayers

-Snaps-turn to, pray through, go do

-Altar stones

-Prayer reminders

-Stop, center, listen, love

-Visual ritual reminders

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