



CAST YOUR CARES ON GOD

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NORTHSTAR INSPIRATION

*Emotional
Health Insights
from a Christian
Perspective*



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*Said the Robin to the Sparrow,
"I should really like to know
Why these anxious human beings
Rush about and worry so?"
Said the Sparrow to the Robin,
"Friend, I think that it must be
That they have no Heavenly Father
Such as cares for you and me."
~Elizabeth Cheney*

WHAT'S YOUR WORRY?

Worry is the mental habit of continually repeating future concerns. Most people worry occasionally and could name common situations or problems causing concern. These difficulties may include marriage problems, safety of family members, what others might think of them, financial pressures, weather, health, and job-related stress. Worry becomes a problem as it creeps deeper into life, occupies more time, and makes concerns seem bigger than they actually are.

THE ANXIETY PICTURE TODAY

Scores of people suffer from unrelenting anxiety-related problems: difficulty sleeping, stomach trouble, and generalized stress. They worry themselves into an early grave or fret away their life, perhaps seeking

diversion through alcohol, drugs, or shopping. The anxiety-related disorders people suffer from today include, excessively thinking about imagined or unlikely fears, expecting the worst, and bracing for an imagined catastrophe.

PROGRESSING WORRY

Worry is not stagnant. It may start in small ways and build momentum over time. Many worries may begin as concerns, build in magnitude, and interrupt life more and more.

CONSIDER THIS PROGRESSION:

A situation or circumstance comes to your attention.



Your analysis of the trouble is characterized by negative thoughts and distorted beliefs.



Your initial conclusion or speculations cause you to feel out of control.



You begin to feel anxious; concentration on ordinary activities decreases.



REDUCING WORRY

1. Rehearse the positive—review what went right
2. Speak what you know, not what you don't
3. Reduce your load of responsibilities
4. When you are tempted to worry, find mental distractions
5. Find alternative actions
6. Limit your worry time
7. Change your self-talk
8. Hang out with positive people
9. Do active battle against worry. Do not give yourself permission to stay the same. What you think about will determine how you feel.

LEARNING TO WORRY LESS

In controlling anxiety, it is helpful to make a distinction between problems you can prevent, fix, or bypass, and those you cannot. Learn to accept things outside your ability to control. When you are tempted to worry you might try a

Worry will ruin your life! It will age your face, gray your hair, ulcer your stomach and sour your whole outlook on life. It is a bitter acid that drips and drips until it eats away your life from the inside out. Pastor Leith Anderson

diversion or a distraction to interrupt the relentless pounding of anxious thinking. Consider talking to a friend, taking a walk, working on a hobby, exercising, reading a book, or listening to music. Use counseling or self-help books to further generate healthy distractions.

Being able to sleep peacefully is a necessity often beyond understanding for the worrier. Anxious thoughts intrude as they lie in bed, and every solution generated brings three more problems to worry about. At night, simply try some of the following techniques. Do not permit yourself to worry in bed. Redirect your thoughts or make yourself get up. Don't give in to this destructive bedtime pattern. Reduce negative thoughts before bedtime by not watching the news, arguing with family members or balancing the checkbook before you retire for the evening.

FREQUENCY OF SYMPTOMS IN ANXIETY

<u>Symptom</u>	<u>Frequency (%)</u>
Difficulty concentrating	86.2
Fear of losing control	75.9
Fear of being rejected	72.4
Unable to control thinking	72.4
Confusion	69.0
Sentences broken or disconnected	44.8
Fear of being attacked	34.5
Fear of dying	34.5
Trembling hands	31.0
Stuttering	24.1

WHAT DOES THE BIBLE SAY ABOUT WORRY?

The Bible is filled with hope and reassurance for everyday living. Even though we live in a world of crisis, turmoil, and chaos, you can have the inner peace of God that passes all understanding. This peace will guard your hearts and minds in Christ Jesus (Philippians 4:7). When you are anxious, worried, or upset by difficult circumstances, remember these key thoughts from the Bible:

1. Worry robs us of the joy of life.
An anxious heart weighs a man down. Proverbs 12:25
2. Worry chokes out our positive beliefs.
But the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke out the word, making it unfruitful. Mark 4:19
3. Sharing our concerns with God reduces worry.
Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6
4. You can trust God to help you in times of need.
Cast your anxieties on Him because He cares for you. 1 Peter 5:7
5. You are not alone. God cares about your situation.
Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9

THE WORRIER'S CHECKLIST

The worrier:

- Assumes things will turn out badly
- Looks for what could go wrong
- Is distracted from the present by concern for the future
- Replays unfavorable and negative scenarios
- Is often upset and filled with mental anguish
- Is overly concerned with things that aren't right
- Afraid things will get worse
- Worries about what others will think
- Inconsolable regarding his or her concern
- Preoccupied with safety or health
- Watches with twisted anticipation for even small signs of trouble
- Rehearses potential failures, rejection, comments, or disapproval from others



ABOUT THE AUTHOR

Hal Baumchen, PsyD, LP, LADC is the President and Clinical Director of NorthStar Regional. He is a Licensed Clinical Psychologist (LP) and a Licensed Alcohol and Drug Counselor (LADC) with over 30 years of counseling experience.

He received his Master's Degree from Wheaton Graduate School, his Doctorate of Psychology (PsyD) from the Illinois School of Professional Psychology, and his Certificate in Co-Occurring Disorders from Adler Graduate School. He serves frequently as a seminar leader, and has taught workshops in the USA, Canada, Malaysia, Sri Lanka, South Africa, and India.

He is the author of *Journeys* and *Destinations*, two books on co-occurring disorders treatment, and the co-author of *Finding Hope Again: Overcoming Depression* with Dr. Neil T. Anderson.

The information in this publication is not intended as a substitute for professional help or to be used as a diagnostic tool. If you have serious difficulties with anxiety, depression, or other mental health issues, please seek professional help.