

Generalized Anxiety Disorder

Complete the following questionnaire to learn if you are currently experiencing symptoms of anxiety.

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Calculating Your Score

Calculate the sum of the numbers circled for each question. Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively.

If you scored a 10 or higher or feel anxiety symptoms are interfering with your day to day life it may be helpful to speak with your primary care physician or a professional counselor.

About Urban Alliance

Urban Alliance is a Christian collective impact organization located in East Hartford, CT. Our goal is to create opportunities for people to achieve lasting change in their lives through the collaborative work of churches and organizations in our local community.

Your support helps mental health resources, like this brochure, get into the hands of the people who need them most.



urbanalliance.com



Fear and Anxiety



If you are experiencing fear or anxiety, you are not alone.

Fear is an emotional response that results when a person believes they are in danger. Anxiety is a feeling of worry, uneasiness or apprehension often about a future event with an uncertain outcome. Fear can be a healthy response when a person is in actual danger. However, fear and anxiety can become problematic when a person is not actually in danger.

When fear and anxiety become excessive and overwhelming in a person's life, they may be experiencing an anxiety disorder. Anxiety disorders are characterized by steady, all consuming anxiety that interferes with a person's daily activities such as job performance, school, work and relationships.

Understanding Anxiety Disorders

According to the DSM-5, a manual used to diagnose mental health conditions, there are many different anxiety disorders. The most common is Generalized Anxiety Disorder (GAD). Symptoms include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating
- Being irritable
- Having headaches, muscle aches, stomachaches, or unexplained pains
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep

Different anxiety disorders have different symptoms.

Other anxiety disorders include:

Panic Disorder: experiences of frequent and unexpected panic attacks.

Social Anxiety Disorder: an intense, persistent fear of being watched and judged by others.

Phobias: an intense fear of or aversion to specific objects or situations.

1 in 3 people (29%) will suffer from an anxiety disorder at some point in their lifetime.



Understanding Anxiety

The Bible references fear hundreds of times. The Lord knows His children will experience fear and anxiety and wants to help.

1. Take time to understand your feelings. It is important to understand feelings of fear or anxiety. The first step is putting into words the reason you are experiencing anxious emotions. Find a trusted friend to talk to or try journaling. Consider if your emotions are telling you something about how you view yourself, how you view the world or how you view God.

2. Use Scripture as an anchor to adjust thinking. Once you can articulate your fear or anxiety, consider where there is alignment and misalignment with Scripture. Scripture can be used as an anchor or tool to measure thoughts and emotions against. This can help you to know when you are experiencing an emotion that reflects a distortion or when your thoughts and emotions reflect truth.

3. Seek God. God cares when His children are distressed and wants to offer peace, comfort and hope. That is why a critical aspect of coping with fears and anxieties is bringing them to God and asking for help. All too often, people feel embarrassed about these feelings and want to hide them. On the contrary, God wants you to draw near to Him and give Him access to your heart so He can offer comfort and help.

4. Find healthy outlets. For some people, anxiety feels like pent up energy looking for a release. Healthy outlets for anxiety include activities such as exercise, prayer, worship, deep breathing, journaling or talking. Professional counselors can offer a number of tools to help reduce anxiety symptoms.

Anxiety is the most common emotional problem in children.

Anxiety often looks different in children than it does in adults. Symptoms may include:

- Physical symptoms, such as headaches or stomach pain, that don't stem from other medical conditions
- Avoidance of specific activities, situations or people
- A tendency to worry about what can go wrong in any scenario
- Worries or fears that interfere with normal daily activities
- Persistent distress despite an adult's reassurances
- Trouble sleeping at night or insisting on sleeping with parents
- Quickly getting angry or irritable, and being out of control during outbursts

Children don't have the cognitive awareness or experience necessary to explain their feelings. For this reason, anxiety symptoms in children may present through behavior or physical symptoms rather than identifiable worry. Children often need an adult to help them understand their anxiety.

Helpful Scripture

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." (1 Peter 5:6)

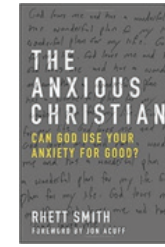
"When I am afraid, I put my trust in you." (Psalm 56:3)

"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom." (Luke 12:32)

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things." (Philippians 4:8)

Helpful Resources

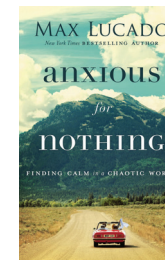
Below are books written from a Christian perspective about coping with anxiety.



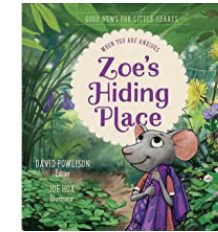
Rhett Smith
The Anxious Christian: Can God Use Your Anxiety for Good?



Edward T. Welch
Running Scared: Fear, Worry, and the God of Rest



Max Lucado
Anxious for Nothing
(Young readers addition available)



David Powlison and Joe Hox
Zoe's Hiding Place: When You Are Anxious (Good News for Little Hearts Series)

Building a Network of Support

Some anxiety is normal; however, when anxiety begins to interfere with day-to-day life it is best to seek professional help.

Friends, family, pastors, care ministries and support groups can offer practical, emotional and spiritual support. It is also important to talk to your primary care physician as well as a professional counselor.

Find a Counselor

- **Charisnetworkct.org** offers a listing of CT professional Christian counselors.
- **Psychologytoday.com** offers a general listing of professional counselors.
- **Urbanalliance.com/help** offers a listing of CT behavioral health providers by county.



Charis Website

Find a Support Group

- **NAMI** offers support for individuals with mental illness and their family. Visit www.nami.org.

Immediate Support

- **Mobile crisis teams** visit people in their homes or in the community for crisis situations. **Dial 211** and ask for Emergency Mobile Psychiatric Services.
- **National Suicide Hot line: Dial 988** for support
- If you or a loved one are not safe, **call 911 immediately** or visit the nearest emergency room.