Developing a Non-Anxious Life October 8-29, 2023 Sundays at 9:30am Fireside Room www.facebook.com/fpcbillings

October 8
Why this Class?
Overview of the Class
What is Anxiety?
The First Daily Choice: Choosing Reality

## October 15

The Second Daily Choice: Choosing Connection The Third Daily Choice: Choosing Freedom What do you need to free yourself from?

## October 22

The Fourth Daily Choice: Choosing Mindfulness
The Fifth Daily Choice: Choosing Heath and Healing
Dr. Wendy Suzuki- How to Calm Your Anxiety

## October 29

The Sixth Daily Choice: Choosing Belief
Who Am I and Who Does God Say I Am? --Bobbi Blain
The Change Triangle and an experiential exercise



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Why this Class? and Class Outline

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Class	Resource:	טו. זע	טווווט טפ	HOHV.	Bulluling a	NOH-AHXIOUS	Liie.	Ramsev	Press.	<b>ZUZ</b> 3

	Class Resource: Dr. John Delony, "B	uilding a Non-Anxious Life," Ramsey Press, 2023					
The Cu	up Example- it is good to build	in your life.					
Verse	of the Day: "Cast all of your anxietie.	s upon Jesus because He cares for you" (1 Peter 5:7).					
Anxio	us Observations:						
1.	Anxiety is "the feeling of, nervousness, or unease typically about an						
	imminent event or something with	an uncertain outcome."					
2.	From a psychiatric point of view, anxiety is "a mental condition characterized by						
	excessive apprehensiveness about real or perceived, typically leading to						
	·	physical heart rate and muscle tension."					
	A recent survey indicates that percent of people struggle with anxiety.						
4.	Anxiety is an system within our body that alerts us to something that is wrong						
	-	ng light on your car or a smoke alarm in your house.					
5.	According to neuroscientist Dr. Wendy Suzuki, anxiety can be a thing						
Five A	nxious Inaccuracies:						
1.	Those who trust in don't	deal with anxiety.					
2.	Anxiety is only found in people.						
3.	Those who seek help are						
4.	Onlyincome people struggle with anxiety.						
5.	More and more possessions will help you become less anxious.						
Comm	non Indicators of Anxiety:						
	Heart racing	6. Headaches					
	Dizziness	7. Beathing problems					
	Fatigue/insomnia	8. Digestive issues/nausea					
	Difficulty concentrating	9. Depression/feelings of worthlessness					
	Negative effects on work/school	10. Substance abuse					
J.	Negative checks on work/school	TO. SUBSTAILE ADUSE					

The Fi	rst Daily	Choice: Choosing Reality	
Re	ality is y	our line for ch	arting a new course.
Questi	ons to (	Consider When Choosing Rea	llity
1.	What i	is my anxiety trying to	my body?
2.	Is it a _	threat or a percei	ved threat?
	a.	are your friends	
	b.	F.E.A.R <b>E</b> viden	ce <b>A</b> ppearing <b>R</b> eal
	c.	Don't fall victim to W.C.S.:	case scenario.
	d.	You can either choose the _	side or the light side. Go light
3.	What	can I begin to tak	e to make things better?
4.	Am I w	villing to take the	step?
5.	Should	l I seek professional	?

**Questions and Comments**