



Stress in the Storm: Jesus the Calm

Timothy Sumerlin, PhD

My Family

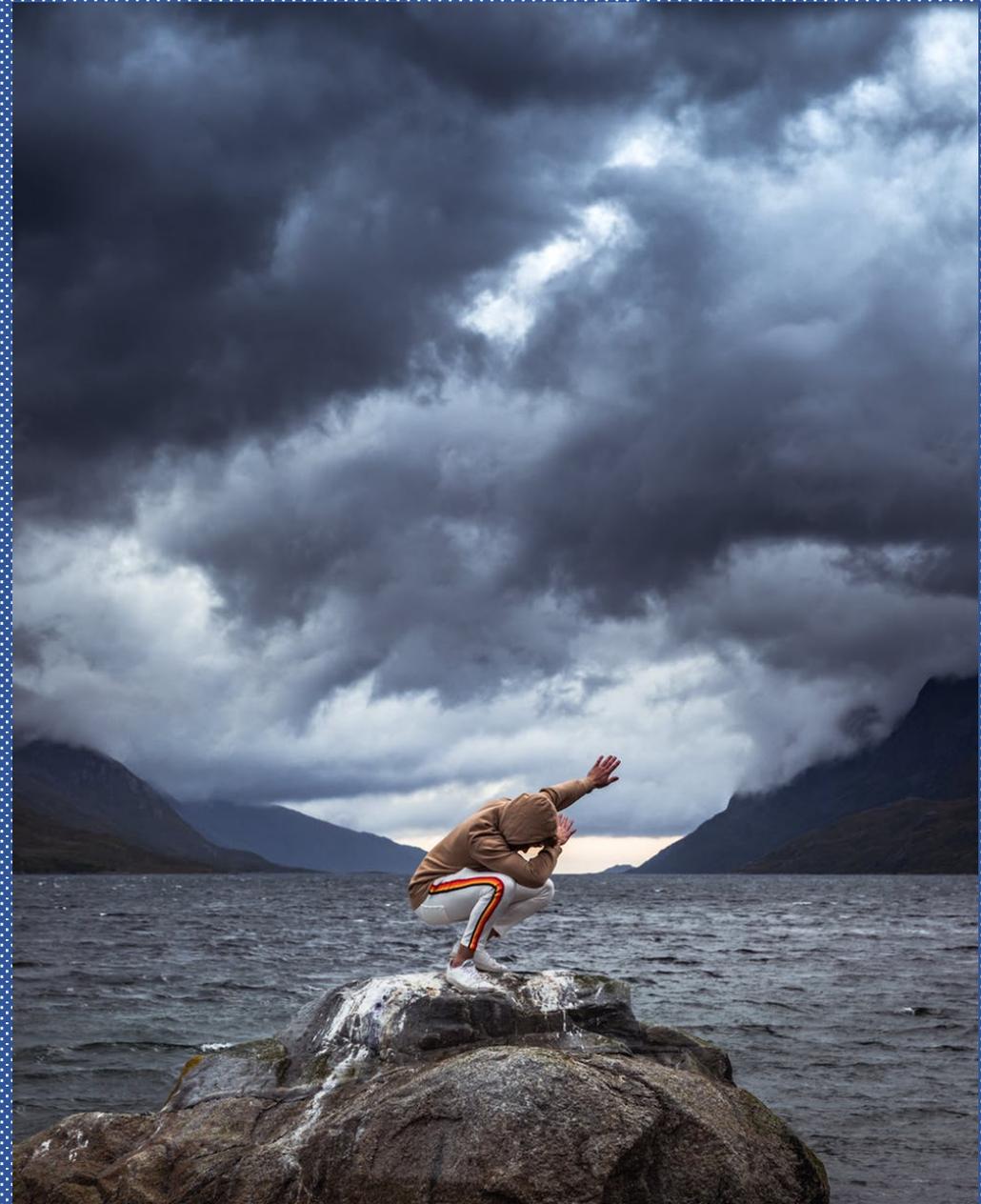


to receive class
notes
and weekly
mental health blog



www.inmotioncounseling.org

COVID-19



God Understands

Search me, God,
and know my
heart; test me
and *know my
anxious thoughts.*

– Psalm 139:23



The Human Need for Anxiety and Depression

- Safety
- Creativity
- Rest
- Humility
- Opportunity for growth



Challenges and Dangers

- Suicide and self-harm
- Distrust
- Discouragement & Isolation



The Irony of Anxiety – Protection?



The Paradox of Anxiety

Avoid or
Conquer?



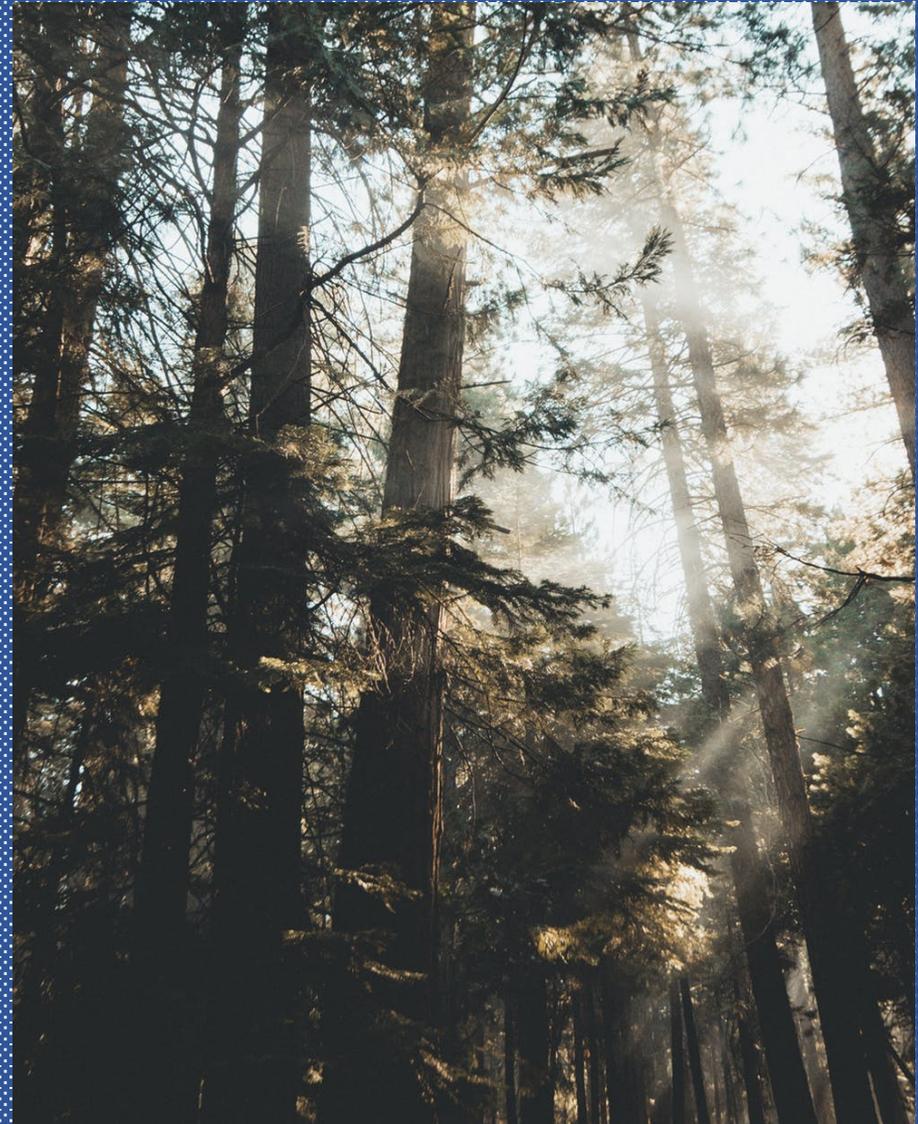


*I can't change
the direction of
the wind, but I
can adjust my
sails to always
reach my
destination.*

Listen to God

*He says, "Be still, and know that
I am God;
I will be exalted among the
nations,
I will be exalted in the earth."
— Psalm 46:10*

*Remember the Sabbath day by
keeping it holy. — Exodus 20:8*



Calming Strategies

Jesus, the Calming One

- **Body** – breathing, stretching
- **Mind** – mindfulness, humor
- **Senses** – music, lotions, scent
- **Release** – journaling, venting



Question and Challenge Your Anxiety

*Why, my soul, are
you downcast?*

*Why so disturbed
within me?*

– Psalm 42



Coping Strategies

Argue w/anxiety brain

- Consequences
 - risk vs. reward
- Negotiate Exposure
- Courage – morals, goals, motivations





The best stories are not those of victory over struggles, but of a stubborn faith in the midst of them.

– Ed Welch

Church: The PERFECT Place for Healing

- Safe & confidential
- Accepted
- Cared for
- Purpose
- Important
- Listen!



A Few More Suggestions

- Exercise & sleep
- Thought record
- Shape your environment
- Socially connected
- Nurture a dream



Conclusion

- Recognize/own the problem
- Create a social network
- Educate/advocate
- Develop and execute a self-help plan with short and long-term goals



Indianapolis Resources

(google “mental health” w/your locality)

- Indianapolis NAMI (National Alliance on Mental Illness)
- Community Mental/Behavioral Health Services – several locations
- Check your insurance or work EAP
- STRONGER Conference 10/24/20

Escape From Dark Places, Watkins



*Trust in him at all
times, O people;
pour out your
heart to him, for
God is our refuge.*

— Ps. 62:8

