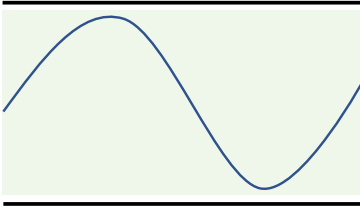


Hope-Filled Approach to Recognizing, Preventing, and Managing Anxiety and Depression

Radius Maymester 2021 * Trisha Kirkland, MA, LPC

Window of Tolerance (Dr. Dan Siegel)

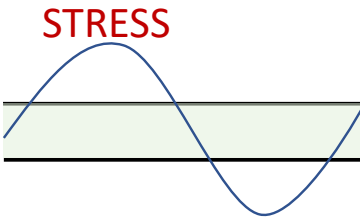
Zone of optimal functioning



<p><u>Spirit (faith)</u></p> <ul style="list-style-type: none"> *Feel connected to God *Able to calm & quiet soul *Able to speak Truth to self 	<p><u>Heart (relationships)</u></p> <ul style="list-style-type: none"> *Connected with others *Approachable, engaging
<p><u>Mind (thoughts)</u></p> <ul style="list-style-type: none"> *Alert (but not anxious) *Calm (but not tired) *Flexible, adaptable, healthy mindsets 	<p><u>Body (physical)</u></p> <ul style="list-style-type: none"> *Regulated nervous system—Rhythm of nervous system arousal (ready for action) and conservation of energy (rest and digest)

Together, these comprise and impact your emotional experience.

Life ABOVE the Window:

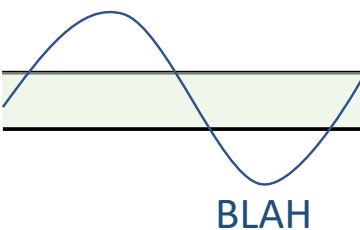


<p><u>Spirit (faith)</u></p> <ul style="list-style-type: none"> *Difficulty connecting with God *Difficulty focusing during prayer *Feelings of needing to work hard to please God 	<p><u>Heart (relationships)</u></p> <ul style="list-style-type: none"> *Disconnected from others *Easily frustrated, irritable, defensive, bossy, controlling, preoccupied, etc.
<p><u>Mind (thoughts)</u></p> <ul style="list-style-type: none"> *Unhealthy thinking patterns *Worry, racing thoughts, rumination, perfectionism, overwhelm, forgetfulness, difficulty concentrating, etc. 	<p><u>Body (physical)</u></p> <ul style="list-style-type: none"> *Dysregulated nervous system: "fight or flight" response—body physiologically amps up *difficulty eating and sleeping, fatigue

Unhealthy Coping Strategies: avoidance, busyness, over-commitment, disordered eating, obsessive cleaning, binge-watching, excessive reassurance seeking, self-medication, etc.

Long-term impact: physical, thinking, relational, and spiritual struggles

Life BELOW the Window



<p><u>Spirit (faith)</u></p> <ul style="list-style-type: none"> *Difficulty finding motivation and energy to spend time with God. *Feelings that God is out of reach *Feelings of guilt & shame related to God 	<p><u>Heart (relationships)</u></p> <ul style="list-style-type: none"> *Disconnected from others *Withdrawn, distant, hard to reach *Isolation
<p><u>Mind (thoughts)</u></p> <ul style="list-style-type: none"> *Unhealthy thinking patterns *Checked out, empty, unmotivated, numb, heaviness, loss of interest in hobbies, etc 	<p><u>Body (physical)</u></p> <ul style="list-style-type: none"> *Dysregulated nervous system: "freeze" response—body physiological slows down *difficulty eating and sleeping

Unhealthy Coping Strategies: isolation, disordered eating, obsessive thinking, binge-watching, self-medication, etc.

Long-term impact: physical, thinking, relational, and spiritual struggles

Jammed Window and a Compassionate Response:

- Life becomes very hard when we live most of the time above or below the window.
- It calls for a compassionate response from family and friends.
- It calls for an integrative approach to your well-being, addressing all domains of life.
- Several questions to ask yourself if you have a “jammed window”:

<p style="text-align: center;"><u>Spirit (faith)</u></p> <p>What faith struggles are present?</p>	<p style="text-align: center;"><u>Heart (relationships)</u></p> <p>Is there a relational wound that needs to be processed?</p>
<p style="text-align: center;"><u>Mind (thoughts)</u></p> <p>Are there unhealthy thoughts that need to be worked through?</p>	<p style="text-align: center;"><u>Body (physical)</u></p> <p>Are there unhealthy behaviors that need to be addressed? Is there a medical condition that needs attention?</p>

- It may also call for outside help and professional help.

2 Big Questions:

1. Can you identify the size of your window?
 - P (*Practice God’s presence*)
 - A (*Awareness of senses*)
 - U (*Understand how you are doing*)
 - S (*Steward yourself*)
 - E (*Enter back into your day*)
2. Do you know strategies to widen your window?

LIFE-Stewardship:

- Creation (Genesis 1:28) – *Good news! God created people with the blessing and ability to manage ourselves as a part of creation-care as introduced to Adam and Eve in the Garden.*
- Fall – *Bad news...Sin makes it terribly difficult for us to properly care for and manage ourselves—*
 - *Lack of access to resources (health care, finances, etc)*
 - *Limitations on our body (sicknesses, age, etc)*
 - *Circumstances (season of life, support system, etc)*
 - *Inclinations (neglect to obsession)*
- Redemption – *Saving news! Christ redeems God’s blessing of creation-care, offering a Christ-centered perspective and motivation, despite our lack of access to resources, our limitations, our circumstances and our inclinations.*
Life Stewardship—redeemed blessing where we care for ourselves as an act of worship, to better love others, and to more fully embrace life!

Life-Stewardship Notecards:

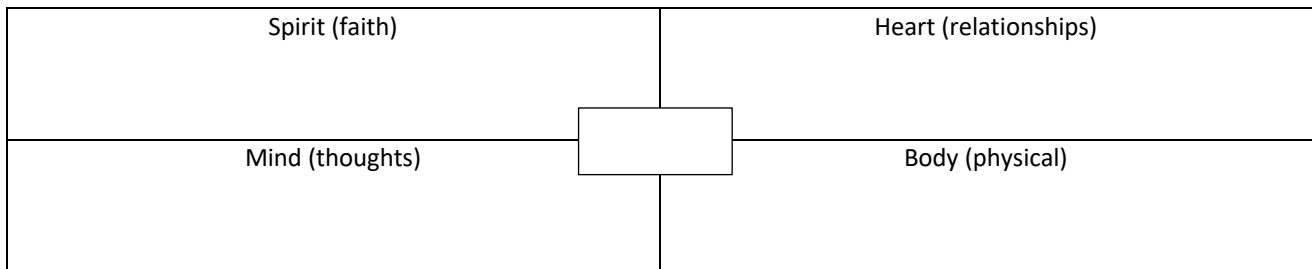
Trisha Kirkland, MA, LPC

Step 1: KNOW YOUR WHY

- Creation – Fall – Redemption
- Life-stewardship (a redeemed blessing)—
caring for ourselves as an act of worship, to better love others, & to more fully embrace life!

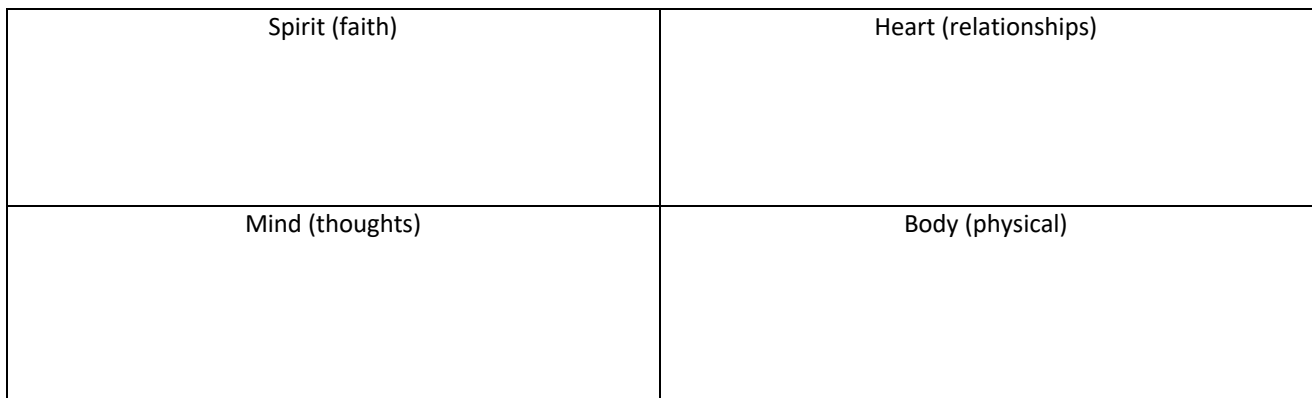
Step 2: KNOW YOUR DREAM

- Divide your notecard into four quadrants (as seen below)
- In each life domain, describe the type of person you dream of being 20 years from now. Put this age in the middle box.
- Over time, refine your dream into short memorable statements.
- Put it somewhere that you will see it every day.



Step 3: BUILD YOUR CARD

- Turn the notecard over and divide into 4 quadrants (as seen below)
- Record everything you already do to steward each life domain. The simpler, the better.
 - Spiritual—anything you do to grow closer to God individually or with others (spiritual disciplines)
 - Heart—anything you do to grow closer to others (relational habits, fun, time, encouragement, pets, etc)
 - Mind—anything you do to renew, relax, rewire, engage, challenge your mind (healthy mindsets, reading, learning, nature, hobbies, planning, etc)
 - Body—anything you do to care for your physical body (nutrition, sleep, movement, breath, hygiene, going to the doctor, etc)
- Gather more ideas from friends. Gather ideas from experts.



Step 3: WALK YOUR CARD

Intentionally “walk around” each life domain on a regular basis.



- “Daily check-in walk” – intentional pause in your day to check in on each of these areas
- “Lifestyle walk” – prevention (healthy and intentional habits and lifestyle practices)
- “Crisis walk” – intentional life-care amidst a difficult times
- “Recovery walk” – after a crisis subsides, check in with yourself in each area