

RESOURCES FOR ANXIETY

thecreek.org/resource-center



ARTICLES & BLOG POSTS

“Ways to Overcome the Emotional Effects of Social Distancing” by Paula Durlinsky, PhD

While this article is written from a psychological perspective and not a spiritual one, Dr. Durlinsky gives practical tips on how to navigate your emotional landscape during such a difficult season of disconnection.

<https://psychcentral.com/blog/ways-to-overcome-the-emotional-effects-of-social-distancing/>

“5 Things Christians Should Know about Depression and Anxiety” by Brandon W. Peach

Relevant Magazine recently republished this important article on Christianity and depression and anxiety outlining the common misunderstanding about the church and these mental health struggles.

<https://relevantmagazine.com/life5/5-things-christians-should-know-about-depression-and-anxiety/>

“Trust Me-Inside Out” by Jan Johnson

This is an article from Conversations Journal on how fear and anxiety are linked. Johnson looks at one of the most frequently used commands in the Bible, “Don’t be afraid,” giving practical steps to move forward.

<https://janjohnson.org/pdf/No%20Fear%20Trust%20Me%20Inside%20Out.pdf>

“Practical Strategies to Help Young People Face Anxiety” by Rhett Smith

The Fuller Youth Institute has put out a wonderful resource for parents of teenagers who are struggling with anxiety but don’t need medical attention. He gives simple, helpful exercises that help parents navigate this terrain with their teen.

https://fulleryouthinstitute.org/assets/fyi-files/Practical_Strategies_to_Help_Young_People_Face_Anxiety_.pdf

“Five Simple Ways to Respond to Teens with Anxiety and Depression” by Chinwe Williams
Youth Specialties blog’s audience is primarily youth workers, but this article is helpful for parents of teens struggling with anxiety and depression. Williams gives practical encouragement for walking with them.

<https://blog.youthspecialties.com/five-simple-ways-to-respond-to-teens-with-anxiety-and-depression/>

“How to Change Negative Thinking Patterns” by Juliann Garey

Child Mind Institute is not a spiritual-based site, but offers a lot of psychological resources that are helpful. This article focuses on changing negative thinking patterns in children who struggle with distorted thinking that can lead to anxiety. While the focus is helping parents with those children, the principles are good for adults too.

<https://childmind.org/article/how-to-change-negative-thinking-patterns/>

BOOKS

***Anxious for Nothing* by Max Lucado**

Does the uncertainty and chaos of life keep you up at night? Is irrational anxiety your constant companion? Let God help you win the war on worry and receive the lasting peace of Christ.

https://www.amazon.com/Anxious-Nothing-Finding-Chaotic-World-ebook/dp/B01N3NGA0I/ref=sr_1_1?crid=YHV82Q6XQEUL&dchild=1&keywords=anxious+for+nothing+max+lucado&qid=1588703668&sprefix=anxious+for+nothing%2Caps%2C250&sr=8-1

***Get Out of Your Head: Stopping the Spiral of Toxic Thoughts* by Jennie Allen**

You can choose hope in the midst of chaos. The visionary behind the million-strong IF:Gathering challenges you to exercise your God-given power to shift negative thinking patterns and take back control of your thoughts and emotions.

https://www.amazon.com/Get-Out-Your-Head-Stopping/dp/1601429649/ref=sr_1_1?crid=2FQFG7W0CQAOT&dchild=1&keywords=get+out+of+your+head+jennie+allen&qid=1588703760&sprefix=get+out+of%2Caps%2C192&sr=8-1

***Goliath Must Fall: Winning the Battle Against Your Giants* by Louie Giglio**

Fear. Rejection. Addiction. Anger. Comfort...Must Fall. In *Goliath Must Fall*, pastor Louie Giglio uncovers a newfound twist in the classic story of David and Goliath. The key to living free from our giants is not better slingshot accuracy, but keeping our eyes on the one and only giant-slayer—Jesus. Put your hope in him and watch Goliath fall.

https://www.amazon.com/Goliath-Must-Fall-Winning-Against/dp/0718088867/ref=sr_1_2?crid=8ITB0S8XDRHU&dchild=1&keywords=goliath+must+fall+louie+giglio&qid=1588703868&prefix=goliath+mus%2Caps%2C183&sr=8-2

***Desperate for Hope: Hanging on and Finding God During Life's Hardest Times* by Bruce Martin**

A hopeful and encouraging message for readers experiencing suffering that assures them God is deeply in love with them, no matter what they go through.

https://www.amazon.com/Desperate-Hope-Hanging-Finding-Hardest/dp/0800720547/ref=sr_1_1?dchild=1&keywords=desperate+for+hope+bruce+martin&qid=1588703989&sr=8-1

***Freeing Your Child from Anxiety* by Tamar Chansky, PhD**

Too many children are stressed-out and exhibiting symptoms of anxiety. In *Freeing Your Child from Anxiety*, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life.

https://www.amazon.com/Freeing-Anxiety-Revised-Updated-Life/dp/0804139806/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1588704076&sr=8-2

SPIRITUAL PRACTICES, REFLECTIONS, & BIBLE STUDIES

The Creek's recent Spiritual Practices

There are many different spiritual practices uploaded that can help you in your battle with worry as you take your thoughts captive and make them obedient to Christ.

www.TheCreek.org/devotionals

Curt Thompson, MD

Curt Thompson is a Christian Psychiatrist with unique insights about how the brain affects and processes relationships. You can find reflection practices on his website for a variety of emotions. Just choose your current emotional state from the dropdown menu and choose a reflection practice.

<https://curthompsonmd.com/reflections/>

Get Out of Your Head by Jennie Allen (YouVersion Reading Plan)

Do you feel like a victim to your spiraling thoughts? Do you often fall prey to toxic thinking patterns like victimhood, anxiety, and distraction? The enemy of our souls is determined to make us feel helpless, overwhelmed, and incapable of making a difference for God's kingdom. It doesn't have to be that way! Get out of your head and into God's promises in this five-day, thought-changing devotional from Jennie Allen.

<https://www.bible.com/reading-plans/18084-get-out-of-your-head>

This I Know: Trusting Your Unknown Future to a Known God by Laura Dingman

This I Know is a six-week Bible study that guides readers into biblical truths about the character of God so they can step faithfully into the unknown, confident in the God they do know. Carrie Ten Boom said it best, "Never be afraid to trust your unknown future to a known God."

https://www.amazon.com/This-Know-Trusting-Future-Known/dp/0802415962/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1588704200&sr=8-1

Bridgetown Church's Daily Podcast

Bridgetown Church in Portland, OR has created a daily podcast filled with spiritual practices and conversations especially for this season of shelter in place. Here are several that focus specifically on spiritual practices that will help ease anxiety:

Breath Prayer: <https://bridgetown.church/teaching/bridgetown-daily/breath-prayer/>

Welcoming Prayer: <https://bridgetown.church/teaching/bridgetown-daily/welcoming-prayer/>

Imaginative Prayer: <https://bridgetown.church/teaching/bridgetown-daily/imaginative-prayer/>

Psalm 131: <https://bridgetown.church/teaching/bridgetown-daily/psalm-131-the-sound-of-quiet/>

The Eternal Current Podcast: Practices for Pandemic

The Eternal Current Podcast with worship leader and author, Aaron Niequist, is producing guided audio of spiritual practices for the Pandemic. You can find several already posted on the podcast website.

<https://theeternalcurrentpodcast.libsyn.com/>

SERMONS & VIDEOS

"Managing Your Mental Health in Tough Times" with Curt Thompson, MD

This webinar with Christian Psychiatrist, Curt Thompson, focuses on how to manage your mental health in difficult seasons.

<https://curthompsonmd.com/managing-your-mental-health-in-tough-times/>

“Meditating on God’s Word: Scriptures to Ease Anxiety and Fear” by Steven Furtick

A 2-minute meditation video from Elevation Church’s pastor, Steven Furtick, filled with Scriptures that will help ease anxiety and fear.

<https://www.youtube.com/watch?v=7INPJJpxkg4>

***Trusting God in Difficult Times* by Timothy Keller**

A series of meditations in the Psalms and other Scripture passages by Pastor and author, Timothy Keller. Each video focuses on a separate Scripture meditation and is around 10-12 minutes in length. Using Scriptures like Psalm 46 and 91 as well as Habakkuk 1-3, Keller walks through how to trust God in difficult times. You can find all of the videos at the link below.

<https://www.youtube.com/playlist?list=PLqdAeLCMehGFJ0Q-8Ll1y0t5ml6qWYHiz>

“Peace: Overcoming Anxiety” by Timothy Keller

A full-length sermon by Timothy Keller. He says, “A lot of us are cast down because we don’t expect the attacks on our peace and joy that are inevitable...The Bible takes a positive but realistic view toward facing and overcoming the very real adversaries to inner peace.”

<https://www.youtube.com/watch?v=vduGmIIISacQ>

“Sanctification: Examining Fear and Anxiety” by Matt Chandler

A full-length sermon by Village Church’s lead pastor, Matt Chandler that explores the call to cry out to Jesus in our fear and anxiety, trusting him and running to the promise of redemption found in the life, death, and resurrection of Jesus.

<https://www.youtube.com/watch?v=1CGex2YgCrU>

PODCASTS

Bridgetown Daily: 2 Cor 10:3-5 & How to “Take Captive Every Thought”

Meditation on 2 Corinthians 10:3-5 to ground you in God and his peace as you “take captive every thought.”

<https://bridgetown.church/teaching/bridgetown-daily/2-cor-10v3-5-how-to-take-captive-every-thought/>

“What to Do When the World Shuts Down” by Emily P. Freeman

From Emily’s website: Doing the next right thing has been a life-line for me in parenting, schooling, work, relationships and all manner of decision-making. But these last few weeks navigating the rapidly changing situation in our world as we fight to slow the spread of Covid-19, doing the next right thing has taken on an entirely new level of meaning. As we move forward together I want to walk along with you as you navigate your next right thing – for yourself, in your families, with your friends, and as you carry so many question marks as it seems the world has shut down.

<https://emilypfreeman.com/podcast/the-next-right-thing/120/>

“Read Psalm 23” by Emily P. Freeman

From Emily’s website: The six verses in Psalm 23 do more than comfort us in death. They guide us in life. And if we’re paying attention, these six lines can teach us how to walk into every room every day of our lives. Psalm 23 is a next right thing kind of psalm and I will never get over it. Listen in.

<https://emilypfreeman.com/podcast/the-next-right-thing/125/>

“Transcendent Peace in a Time of Anxiety: Devotional 4” from Church of the City New York

A short five-minute devotional from Church of the City New York that follows along with their sermon series on the fruit of the Spirit. It is a devotional that focuses on how the Spirit is moving in your life, focusing on the beauty of peace with God.

<https://podcasts.apple.com/us/podcast/church-of-the-city-new-york/id1245313998?i=1000471776203>

“Surrendering to God’s Season When Life Turns Upside Down” from The Emotionally Healthy Leader Podcast with Pete Scazzero

From the Podcast’s website: Discerning what season you, your family, your ministry, and the world are in right now may be our most important leadership task. Discerning properly our season will determine our priorities, decisions, and pace – for ourselves and our teams. Failing to discern properly will result in all kinds of internal anguish and wasted energy. That is the theme of this podcast.

<https://podcasts.apple.com/us/podcast/the-emotionally-healthy-leader-podcast/id1064966935?i=1000473639619>