

Anxiety and Fear at Every Age

Reflections on Children and Youth

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unPhilippians 4

Be anxious about everything, in every situation. Through anger and emotional cutoff, with a high sense of entitlement, keep your problems to yourself. And the anxiety which invades every fibre of your being will erode your heart and degrade your mind so that life becomes a living hell.

Philippians 4

Rejoice in the Lord always. I will say it again: Rejoice!

Let your gentleness be evident to all. The Lord is near. 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.

Stress

vs

Anxiety

- specific
- present
- pressure
- performance
brings relief
- like a bee buzzing
in your ear

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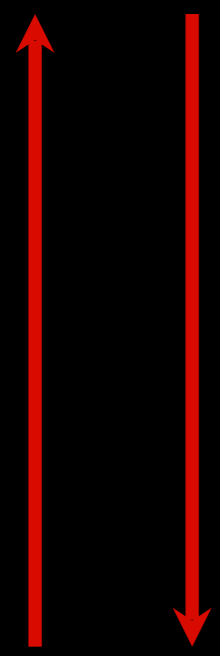
- vague
- future focussed
- fear or dread
- avoidance or compulsion
- like the fear of a bee coming to buzz in your ear

RESPONSIBILITY

↑
ANXIETY

↓
CONTROL

Controlling RESPONSIBILITY



ANXIETY



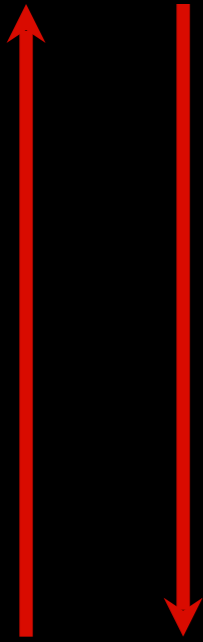
Avoidant

CONTROL

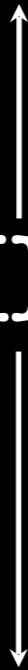
CARE IS NOT

RESPONSIBILITY

Controlling



ANXIETY



Avoidant

CONTROL

CARE IS NOT

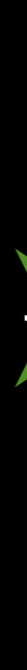
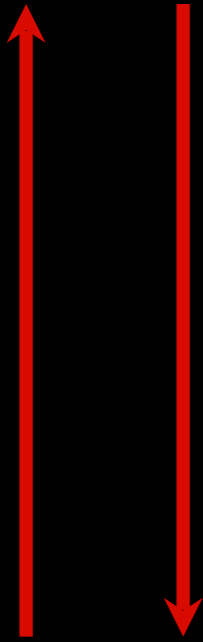
RESPONSIBILITY

Controlling

ANXIETY

CONTROL

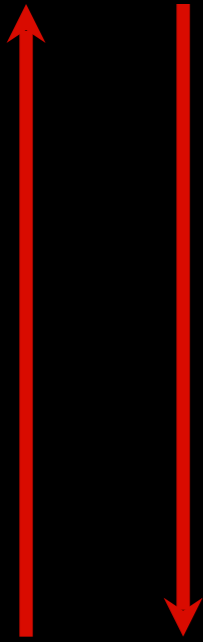
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CARE IS NOT

RESPONSIBILITY

Controlling



ANXIETY



A calm,
supportive,
accepting
presence

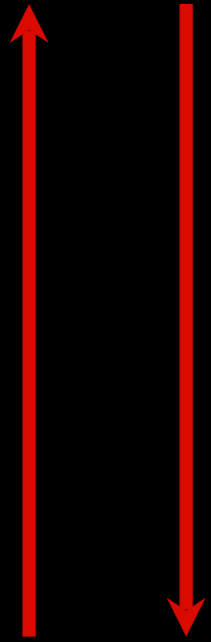
Avoidant

CONTROL

CARE IS NOT

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Controlling



ANXIETY



Discernment
Re-interpretation
Mental-transformation

A calm,
supportive,
accepting
presence

Avoidant

CONTROL

The Elephant and The Rider



FOR PARENTS

Express to your child:

Constant Care and Consideration

Occasional Concern

No Desire to Control

Train your child to:

Associate their needs with your provision

Depend on you

Expect dignity

FOR KIDS, YOUTH & PARENTS

Face your fears
Choose love over control