

PANIC ATTACKS

Calming Techniques | Reducing Anxiety | Seeking Help

Introduction

They come suddenly and they overwhelm you! You feel like you're going to die - your heart is leaping out of your chest and you have nowhere to go!

First - Truth

Satan is a liar (John 8:44), and the only way to overcome him is with truth. Your head may be telling you you're going to die or that you're going to lose control - but remind yourself of the truth:

(1) Although this is really scary you've felt this before and you survived. (2) You know that it will pass quickly.

Second - Breathe

God formed you from dust and breathed life into you (Genesis 2:7). We are body & soul... God sees you in your fullness. Your soul is troubled and that shows itself in your body. So see what your body is doing, and in so doing calm your soul.

Place your feet on the floor:
Breathe in as you count to 4,
Breathe out as you count to 4,
Repeat as many times as may be necessary.



Some Practical Tips:

The Bible has much to say about worry & anxiety. It is full of commands to not worry let's look at a few of them:

Today's trouble is enough for today.

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today". (Matthew 6:34).

We have to be reminded that we are not in control, God is! Worry arises when we think about the future and what it holds. Jesus says, just focus on getting through today and let Him worry about what tomorrow will bring.

Grounding Techniques will remind yourself to stay in today:

- 1) Look at 5 objects around you and think about each one for about 5 minutes (shape, colour, texture, their use and history).
- 2) Try to listen out for 4 different sounds around you - how far away are they? What is different about each one?
- 3) Recite one or two memory verses from the Bible that you know help you, *perhaps even Matthew 6:34.*



Reducing Anxiety

- (1) Have you spoken to your doctor? In severe cases medication may be helpful.
- (2) Do you get enough exercise? Could you perhaps take a few walks each week - exercise is amazing at helping with stress.
- (3) Are you using drugs, alcohol or other things to 'distract' you from your problems? It would be far better to seek help from a trained counsellor.

Speak to us at TCC

If you would like to speak to one of our team at Trinity Children's Centre. You can call us anytime during school hours and ask to speak to Yolanda, who will make an appointment with you.

Call us: 021 007 1960

Are you able to share your troubles?

"Anxiety weighs down the heart, but a kind word cheers it up". (Proverbs 12:25).

At TCC we have a group of trained counsellors who would love to meet with you and talk through what may be troubling you. The contact details are at the end of this leaflet, please do give us a call.

Is there a friend that you can share your thoughts and worries with, or perhaps a family friend. As the saying goes, *'a problem shared is a problem halved'*.

God is always listening.

"All my longings lie open before you Lord; my sighing is not hidden from you." (Psalm 38:9).

We can be assured that the same God that knew us intimately before we were even born, hears our sighs and knows our pain even when we don't feel able to talk to Him about them. Scripture assures us that when we are unable to cry out for help, the Holy Spirit will intervene on our behalf.

If you're able speak to God about your worries & pray in faith for deliverance. But if you can't, be assured that he knows you, loves you & is with you even when all you feel is sadness.

Our hopes cannot be in our worldly future, but our eternal future!

"And I heard a loud voice from the throne saying, 'Look! God's dwelling place is among the people, and he will dwell with them. They will be his people and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death; or mourning or crying or pain, for the old order of things has passed away'". (Revelation 21:3-4).

God has done an amazing work in his son Jesus Christ. His death on the cross dealt with the problem of sin & death and with them the associated suffering. We are reminded that life is but a short breath when we compare it to an eternity of glory shared with our Lord and Saviour Jesus.