

SUPPORTING SOMEONE WITH ANXIETY

WHAT A PERSON WITH ANXIETY MAY GO THROUGH



heart palpitations



rumination of negative thoughts



tightness in the chest/
breathlessness



self-doubts/
irrational fears



- Being overly anxious affects a person's ability to make effective decisions and disrupts a person's life routine.
- Prolonged state of anxiety can have a negative impact on a person's physical and mental health.
- It is important to help the person who is experiencing anxiety to stay calm and focus on what is at present to help them regain their composure.

What Anxiety is NOT

- * attention-seeking
 - * weak-minded
 - * being faithless
 - * not all the same
- (Panic disorder, OCD, GAD, PTSD)



Latest nationwide study shows 1 in 7 people in Singapore has experienced a mental disorder in their lifetime (IMH, 2018)

INCREASE YOUR CAPACITY FOR MANAGING ANXIETY



Journal the thoughts to keep track for reflection and prayer



Engage in activities that helps you to relax (e.g. deep breathing, stretching)



Share with someone whom you can trust or a professional counsellor.



Practice good sleeping habits to relax the body and mind in the night

Most importantly, do not neglect your spiritual disciplines and take time to be still before the Lord in worship and His Word



For further help, do connect with:

Fei Yue Community Services:

<https://www.ec2.sg/>

Silver Ribbon: 6385-3714, 6386-1928

or 6509-0271

Faith Methodist Church

email: chongmingli@faithmc.sg

IN THE WORLD YOU WILL HAVE TRIBULATION. BUT TAKE HEART; I HAVE OVERCOME THE WORLD." -JOHN 16:33B (ESV)