

# Men & Anxiety

## 3 Steps To Overcome



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Anxiety is the silent leader in mental illness, our main 'disruptor of peace'. Out of 40 million people affected, only 37% seek treatment.

This statistic is even higher in men as only 1 in every 10 men report experiencing anxiety and depression, and less than half reported their concerns or sought treatment.

In the 21st century, men are raised to 'just deal with stuff and move on. yet somethings like anxiety can't be removed by drinking or playing sports, and in most cases opportunity's to discuss the effects of anxiety do not exist.

# 1. Acknowledge Your Anxious Thoughts



**Proverbs 12:11** *"Those who work their land will have abundant food, but those who chase fantasies have no sense."*

God wants us to put effort into things that matter, that are important, things that will produce a reward.

Anxious thoughts go against this plan, they are battles that consume a lot of mental energy, creating fantasies in our minds that never achieve a prize.

Yet, although there is no reward our pride tells us to keep it to ourselves, to keep going, to man-up to just battle on.

**Jas 4:6** *But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."*

However, James 4:6 reminds us that God opposes the proud, He dislikes the pride within us, the self sufficiency that prevents us seeking His help... His help rather than secular advice.

God is a generous who gives grace (strength to win battles) to the humble, to those who recognise that they need help, that they are finding it difficult to live with their anxiety.

Real help begins the moment we realise that there is an issue.

## **2. Acknowledge That You Are Struggling**



Acknowledging that we struggle with continuous anxious thoughts, is the 1st step in stopping the cycle. We can begin to stop feeding those anxious thoughts, and begin to disarm them.

Beginning to break the cycle of negative thoughts starts by taking every thought captive which breaks the chain of thought and allows the mind to recognise the truth.

In the past we have allowed a thought, an idea, to grow to germinate and reproduce on its own. We have been swept along by an idea that has never become a reality, yet, this idea has bound us to a mind set that has caused us great pain, misery and discomfort.

### **3. Challenge Your Anxious Thoughts**



Now is the time to begin to re-wire the way that we think.

For anxiety to be removed permanently we must re-train the way that we process ideas, and then alter the way we respond and behave.

This allows our view of our circumstances, the world, our surroundings our entire lives to be altered. And enables us to remove the negative aspects and the fantasy aspect of our mind set, exchanging it for the reality we see around us.

### **For example. . .**

Ryan had always assumed that his lack of friends arose because he was not a sociable person.

Over the months and years this negative thought had grown, Ryan now believed that not only was he not a sociable person, he also believed that his weight was a deterrent to those who may have befriended him.

Ryan also believed that because he lived at home, others thought he was a failure and that at his age he should be a home owner.

Ryan had begun to spiral into a state of deep anxiety, his entire thought process revolved around 4-6 negative ideas.

Ryan failed to see that none of these ideas had ever been mentioned by any one else. . . These thoughts were all in Ryans mind.

### **Ryan had allowed his mind to ‘play tricks’ and deceive him.**

So you see, after we acknowledge that we have given our thoughts too much space, that we have allowed them to create a fantasy land, a place that is detached from reality, we can begin to take these thoughts captive.

**2Co 10:5** *We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,*

In the above scripture passage, Paul is fighting a spiritual battle. The weapons he uses are not physical but spiritual, such as prayer, the Word of God, faith, and the power of the Holy Spirit.

With these tools, Paul clears away wrong thinking and behaviour in the lives of those around him, and we too can remove strong holds by using the same approach.

### **3 Simple stepsTo Overcome**

**Step 1:** challenge every thought that is negative ask the question -  
is this the truth?

**step 2:** prevent the thought developing into a conversation a  
conversation that takes place in your mind

**step 3:** replace the negative thought, the lie, with the truth.

**For example. . .**

Ryan was a quiet man, who enjoyed the outdoors, travel and fine foods... Yet, because he had believe the lies, Ryan had stopped walking his usual nature trails, he had stopped attending his Church's monthly 'Beer and Burger nights'.

Now that Ryan new the truth, that God wanted him to have life in all its fullness, he began to see the world from a different view point.



Ryan saw that he would lose weight if he began to revisit his nature trails, that he could have a wide circle of friends if he invited some along, and, he could widen his social circle even more if he attended his Church's 'Beer and Burger Nights'. . .('going easy on the mayo!')

## **4. Surrender Every Anxious Thought to God**



To make sure that freedom from anxiety is long term it is important to make reading or listening to the bible a daily activity.

You've heard the bible being referred to as 'Our Daily Bread'. . .So' to not consume a few chapters or a memory verse each day, means

that we are starving ourselves of vital nourishment, which means we were not as fit as we should be, to fight against the lies of anxiety.

Here are a few bible verses that teaches how to live, how to overcome and how the Lord is watching and is able to lead us through all situations including anxiety.

***Philippians 4:6-7*** “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

***James 4:10*** “Humble yourself before the Lord, and He will exalt you.”

And lastly, we have an enemy that seeks those of us who are isolated, yet we know that the Lord protects us and hears our prayers.

And, we know that God draws near during our times of worship, and, He also places people around us to be part of our lives.

Therefore, don't abandon the opportunity to share your cares, and anxieties with friends, those you trust, and draw strength from them.

Be blessed to the max in all that you do.

**Much Love**

**Marc**