

# THE WORKING FROM HOME SERIES



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## 5 Ways to Lower Anxiety

It's a time of high anxiety in our world. Jobs, finances, family, and even lives are at risk. How can you keep fear at bay? Through working with leaders who are facing their biggest fears for 20 years, I've discovered some real, non-trite ways to shift from panic to peace:

### 1. Name It

What's the actual thing you are afraid of? Anxiety activates our minds and bodies to try to avoid a bad outcome. But if you never name what you are afraid of, you'll get all the negative effects on your health of being anxious without knowing what problem to solve. So look it in the face and name it! Are you most afraid of losing your job? Getting sick? Failing to provide? Dying? Losing a loved one? A non-intuitive but powerful way to deal with fear is admit to yourself what you're afraid of. **Action Step:** Sit down for 10 or 15 minutes, look fear in the face and jot down what you are actually afraid might happen to you in concrete terms.

### 2. Meet Jesus in Your Worst Case

Say you are anxious about losing your job and your financial security. That's the place you need to meet Jesus.

Action Step: Settle in with a cup of coffee and your Bible and [ask Jesus the question](#) that is on your heart: "Jesus, if I lose my job and everything feels scary and insecure, what will you do for me?" Or, "Jesus, if I get sick, how will you provide for my family?" or "Jesus, if someone I love dies, how will you comfort me?" Hint: just quoting scripture won't have the same effect as hearing Jesus speak to you personally in the moment. Your emotional brain speaks the language of experience and imagery, not words and concepts, so [Rhema](#) touches it more deeply than [Logos](#).

### 3. Review Your God-History

David talks about this in the Psalms 143. Circumstances have 'crushed him to the ground,' so what he does is 'I remember the days of old; I meditate on all your doings...' (see Psalm 63:6, 77:11). Your anxiety pushes you to constantly review the bad things that *could* happen—the antidote is to consciously review the good things that actually *have* happened. Remember your emotions speak the language of experience, not theology. Reviewing real experiences where you met God can be more powerful than quoting scripture.

**Action Step:** Review your God-history: how has God provided for you in the past? What good has he brought out of your difficult circumstances? How did he save you in the past when your life was a mess?

To get the full picture of how your emotional brain works and how to meet Jesus there, read [The Invitation](#) by Tony Stoltzfus.