

# HOW UNDERSTANDING, REFRAMING AND PRACTICING CAN CREATE POSITIVE CHANGE IN ANXIETY AND DEPRESSION

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# LEARNING OBJECTIVES

- Current conversation and statistics about anxiety and depression.
- Reframing anxiety and depression as an opportunity for growth.
- The brain and body with anxiety and depression.
- Identifying some of the underlying emotions (roots) of anxiety and depression.
- The role of tools and practice to help with anxiety and depression.
- Question and answer (but feel free to interrupt me at any time)



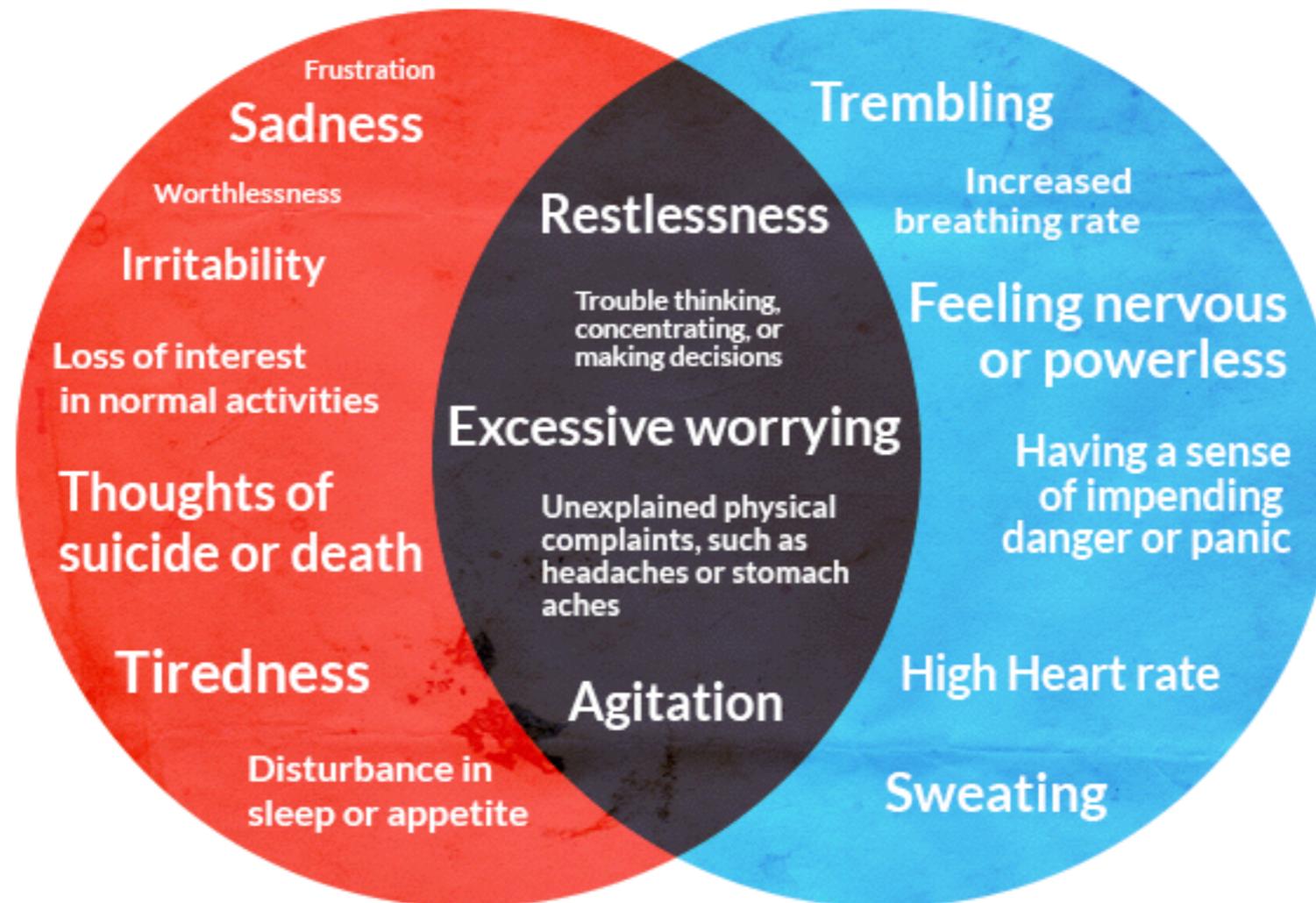


KACHINA SCHOOL  
GRADE 5  
MISS TANG  
1985 - 86

CURRENT  
CONVERSATION AND  
STATISTICS

# Depression

# Anxiety



# *Anxiety*

*1 - a) "Painful or apprehensive uneasiness of mind usually over an impending or anticipated ill. b) Fearful concern or interest. c) A cause of anxiety. 2 - An abnormal and overwhelming sense of apprehension and fear often marked by physiological signs."*

# Anxiety Statistics

- Affects 40 million adults 18 years and older (18% of population)
- Only 1/3 of people receive treatment
- Women are 60% more likely to develop an anxiety disorder than men over their lifetime
- Average onset of anxiety is 11 years old
- 30-44 is most common age range (35.1%)
- Sources: ( [aada.org](http://aada.org), [nih.gov](http://nih.gov) )

# Anxiety Symptoms

- Restlessness or feeling wound-up on edge
- Being easily fatigued
- Difficulty concentrating or having their minds go blank
- Irritability
- Muscle Tension
- Difficulty controlling the worry
- Sleep problems
- Sources: ([aada.org](http://aada.org), [nimh.gov](http://nimh.gov))

# *Depression*

*“b (1) a state of feeling sad: DEJECTION - anger, anxiety and depression (2): a mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies...”*

–Merriam Webster

# Depression Statistics

- 16 million adults had at least one depressive episode in 2012
- 6.9% of the population is diagnosed with depression
- 350 million people worldwide (WHO); 5% of population
- Women are more likely to be diagnosed with depression than men
- Sources: ([adaa.org](http://adaa.org), [nih.gov](http://nih.gov) )

# Depression Symptoms

- Persistent sad, anxious or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities, including sex
- Decreased energy, fatigue, feeling “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain for which no other cause can be diagnosed
- Source: ([www.aada.org](http://www.aada.org))

*“Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.”*

Anxiety and Depression Association of America

*“More than half of the college students who visited their campus counseling centers during the 2015-2016 academic year reported symptoms of anxiety, according to a survey by the Association for University and College Counseling Center Directors.*

*This marks the seventh year in a row that anxiety has been the top complaint among students seeking mental health services. This year 51 percent of students who visited a counseling center reported having anxiety, followed by depression (41 percent).”*

Inside Higher Ed: Anxiety on the Rise

*“Shares the same Latin root, anger, with the terms anger and anguish. Peter Steinke notes that anger ‘is translated to choke or to give pain by pushing together’ with its noun form angustus, meaning narrow.”*

Allan Hugh Cole Jr.

Be Not Anxious: Pastoral Care for Disquieted Souls



# REFRAMING ANXIETY AND DEPRESSION

*“Anxiety is our best teacher.”*

Soren Kierkegaard  
The Concept of Anxiety



*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

Philippians 4:6

*“I have no one else like him, who will show genuine concern for your welfare.”*

Philippians 2:20

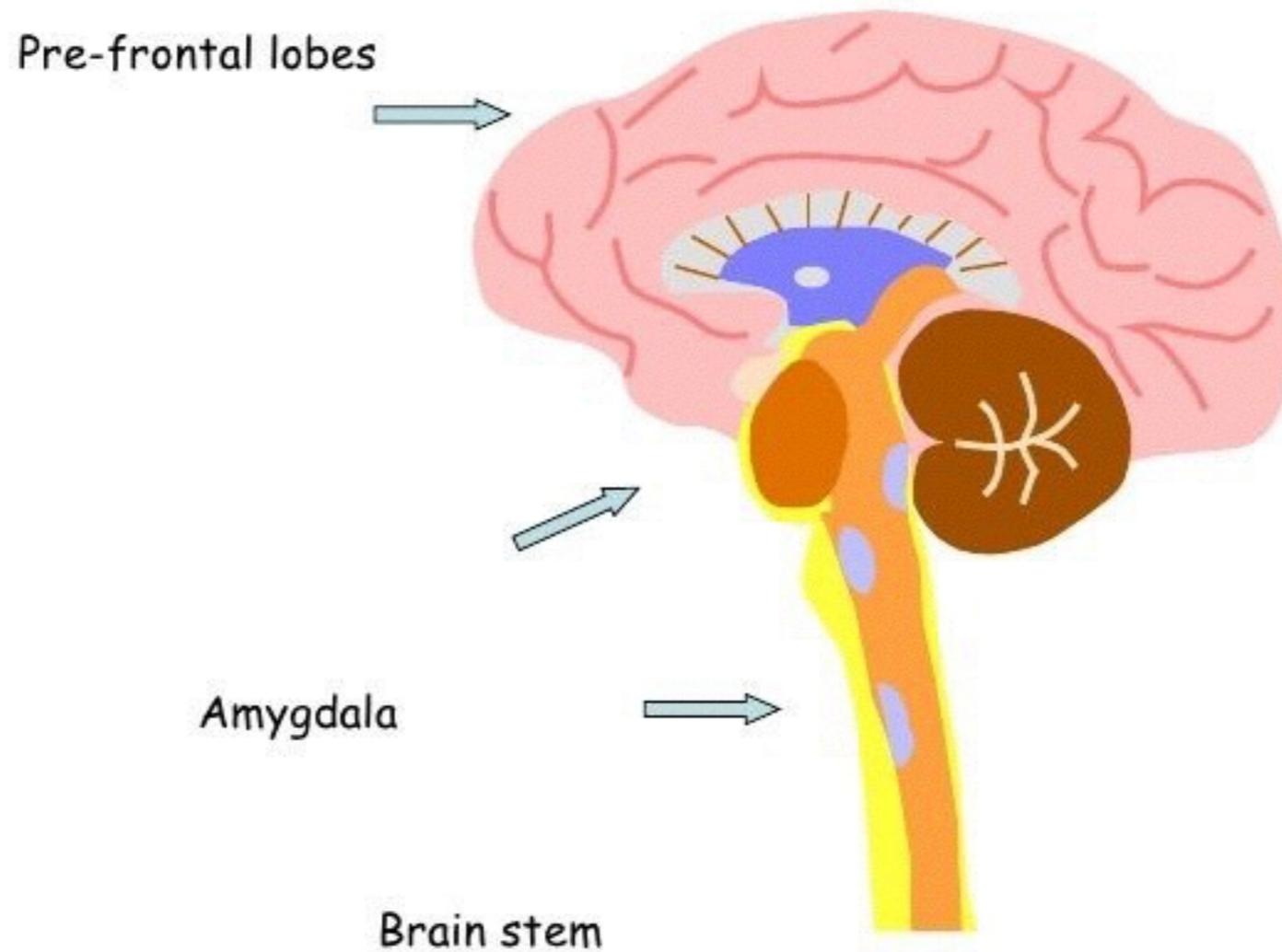
*“After hours of careful listening, my therapist offered an image that helped me eventually reclaim my life. ‘You seem to look upon depression as the hand of an enemy trying to crush you,’ he said. ‘Do you think you could see it instead as the hand of a friend, pressing you down to the ground on which it is safe to stand?’”*

Parker Palmer

Let Your Life Speak: Listening for the Voice of Vocation

# THE BRAIN AND BODY

# The “Amygdala Hijack”



Image

<https://www.pinterest.com/pin/347692033726317422/?lp=true>

*“When a circuit fires repeatedly, it can become a default setting — the response most likely to occur. If you feel safe and loved, your brain becomes specialized in exploration, play, and cooperation; if you are frightened and unwanted, specializes in managing feelings of fear and abandonment.”*

Basel van der Kolk  
The Body Keeps the Score: Brain, Mind and Body in the  
Healing of Trauma

*“Trust becomes essential in the family because it informs individuals of their basic competencies and safety in the family environment. Safety is best expressed in terms of predictability, openness, and fairness...When trustworthiness is lacking in family interactions, individuals are left to cope with the loss of trustworthiness through dependence upon self.”*

Terry Hargrave and Franz Pfitzer

Restoration Therapy: Understanding and Guiding Healing in Marriage and Family Therapy

*“Love is essential in the family because it informs individuals of basic identity. This basic identity is best expressed in terms of uniqueness, worthiness, and desirability...When love is lacking in family interactions, individuals are left to cope with loss of love through identity struggles.”*

Terry Hargrave and Franz Pfitzer

Restoration Therapy: Understanding and Guiding Healing in Marriage and Family  
Therapy

IDENTIFYING AND  
REFRAMING THE  
UNDERLYING EMOTIONS

*Anxiety and Depression are not feelings, but rather, are responses (coping behaviors) that are triggered by underlying feelings.*

# Underlying Emotions

- *Unloved, Unworthy, Insignificant, Alone, Worthless, Devalued, Defective, Inadequate, Rejected, Unacceptable, Hopeless, Unwanted, Abandoned, Unappreciated, Discouraged, Disrespected, Unsafe, Insecure, Unsure, Used, Guilty, Fearful, Powerful, Out of Control, Controlled, Vulnerable, Disconnected, Unknown, Betrayed, Invalidated, Unable to Measure Up to Expectations*

# Coping Behavior

- Blame Others, Withdraw to Avoid, Rage, View Pornography, Angry, Act Selfish, Sarcastic, Minimize, Arrogant, Impulsive, Aggressive, Avoid Issues, Discouraging, Hide Information, Threatening, Demanding, Hold Grudges, Critical, Retaliatory, Nagging, Withdraw to Punish, Shame Self, Lecture, Depressed, Intellectualize, Negative, Escape, Anxious, Drink, Inconsolable, Irresponsible, Catastrophizing, Use Drugs, Whiny/Needy, Numb Out, Manipulates, Get Dramatic, Withdraw to Pout, Isolate, Withdraw to Defend, Fault Finding, Perform, Controlling, Perfectionistic, Defensive, Judging,

# Ways to Identify Underlying Emotions

- Listen for key words.
- Ask lots of questions: *“What is the negative message that anxiety/depression is telling you about yourself?”*; *“What’s the story you have in your head about how anxiety/depression impacts your life?”*
- Use RT handout of Emotions and Coping (Pain Cycle)
- Have them journal, and ask to read it or have them share it.

# Truths

- *Loved, Worth, Significant, Not Alone, Prized, Valuable, Precious, Adequate, Approved, Accepted, Wanted, Free, Appreciated, Hopeful, Respected, Encouraged, Safe, Secure, Sure, Fulfilled, Capable, Able, Powerful, In Control, Free, Protected, Connected, Known, Intimate, Competent, Validated, Successful*

# Actions

- Accepting, Positive, Nurturing, Joyful, Supportive, Show Compassion, Encouraging, Energetic, Giving, Hopeful, Welcoming, Respectful, Kind, Open, Gentle, Intimate, Listening, Able to Persist, Empathetic, Responsible, Humble, Trustworthy, Inclusive, Honest, Patient, Reliable, Forgiving, Stay Connected, Non-Defensive, Self-Controlled, Vulnerable, Transparent, Communicate Care, Peaceful, Engaging, Let Go/Relax, Settle, Seeking Good, Merciful, Loving, Valuing Self, Turn from Addictive Behaviors

# Ways to Reframe Underlying Emotions and Connect to Truths

- God (*“How does God see you?”*)
- Self (*“wiser/future self”*)
- *“What truths do you want to believe about yourself?”*
- Others (*“What truths have others communicated to you?”*)  
— Parents, teachers, etc, have unique roles of speaking Truth into people’s lives.
- Use RT handout of Truths and Empowering Actions
- Have them journal, and ask to read it or have them read it.

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**PAIN  
CYCLE**

**INADEQUATE  
NOT GOOD ENOUGH  
ABANDONED**

**SAY  
WHAT YOU  
WILL DO  
DIFFERENTLY**

**SAY WHAT YOU  
FEEL**

**TAKE RISKS  
STAY ENGAGED  
VULNERABLE**

**ANXIOUS  
PERFORM  
WITHDRAW**

**SAY YOUR  
TRUTH**

**GOOD ENOUGH  
GOING TO BE OKAY  
CONNECTED**

**SAY WHAT YOU  
NORMALLY DO**

**PEACE  
CYCLE**

# TOOLS TO AID PRACTICING

# Tools

- Create a Non-Judgmental Space for the Other Person; Give Permission to Share; Simply Listen
- Reframing/Restoration Therapy (4 Steps); Athlete/Performer example.
- Breathing (i.e. Box Breathing); Psalms 46:10 — *“Be still and know that I am God”*
- Help Locate One’s Story in a Larger Narrative (Biblical narrative)
- Headspace app ([www.headspace.com](http://www.headspace.com))
- Simply Notice the Anxiety and Depression (i.e. Flashcard exercise)
- Befriend Anxiety and Depression/Interview
- Physical Movement (i.e. walking, running, Ping Pong, etc.)
- Self-Care (i.e. physical, emotional, mental, spiritual)

# RESOURCES

- *The Anxious Christian: Can God Use Your Anxiety for Good?* by Rhett Smith
- *Vital Tools for Relevant Church Leaders* by Rhett Smith, Terry Hargrave, etc.
- *The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Dan Siegel and Tina Payne Bryson
- *Brainstorm: The Power and Purpose of the Teenage Brain* by Dan Siegel
- *Sabbath as Resistance: Saying No to the Culture of Now* by Walter Brueggemann
- Naming, Navigating, and Reframing Depression in the Lives of Teenagers (Fuller Studio: <https://fullerstudio.fuller.edu/naming-navigating-reframing-depression-lives-teenagers/>)
- Anxiety in the In-Between Stages of Our Lives (Fuller Youth Institute: <https://fulleryouthinstitute.org/articles/anxiety-in-the-in-between-stages>)
- [www.fulleryouthinstitute.org](http://www.fulleryouthinstitute.org)
- Dr. Dan Siegel Video Clips ([https://www.drdansiegel.com/resources/video\\_clips/](https://www.drdansiegel.com/resources/video_clips/))

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