

S1: Bonus Episode - Fighting Anxiety

What are we talking about today?

On the Made to Win Podcast, we want to help you win within...cultivate healthy souls. Our emotions, thoughts, feelings.

Today's Topic: Fighting Anxiety

-No greater subject that affects this than mental health and battling anxiety.

#1. Age of Anxiety

- Why is this such a huge issue? Why is the church afraid to talk about mental health?
- How can the church get better?

2. Solutions

Address the Mess

- Talk to someone!
- Talk about The Good Life and The Abundant Life.

Address Belief Systems

-Journaling emotions and understanding difference between FACTS and TRUTH. It's a fact that I feel this way, but it doesn't mean that it's the truth!

Address Your Source

- Food/exercise example. Our source of information matters.
- We build lives on faulty information.
- Talk about First Formation...it starts as a kid

3 keys to victory:

- 1) Address the Mess-Get Help
- 2) Address Your Belief System-What you believe affects how you behave
- 3) Address Your Source-The Foundation you build on is vital