



THE BOLDNESS NEWSLETTER

"The wicked run away when no one is chasing them, but the godly are as bold as lions." Proverbs 28:1

LEARNING TO NAVIGATE ANXIETY

PERSPECTIVE BY: MRS. MANDEVILLE

Anxiety! Even the word makes me feel anxious! I remember the first time I experienced anxiety; although at the time I didn't know that anxiety was what I was feeling. I look back now and realize that the things going on in my life were causing me to worry. I was 11 years old at the time. My family was living in a small town, and my dad was the pastor of one of the only churches in town. I had been noticing some unusual things happening that I didn't understand. One day, I watched my mom run into the kitchen crying. A lady in our church followed her in and the two of them hugged. When they realized I was in the room, they quickly left to find a place where they could talk. I was old enough to know something was wrong, but I didn't understand what was happening. My anxiety showed up at night when I went to bed.

Every night for weeks I would lay in bed and worry. I'm not sure why, but I began to question my salvation. I would lay awake and think about dying and what hell might be like. I had accepted Christ as my savior three years earlier when I was 8, but still I worried that I was not saved. Then, one night really late when I couldn't sleep, I got the courage to talk to my parents about what I was feeling. I believe God gave my parents the insight to know what was really causing me to worry. First, my dad dealt with the insecurity I was feeling about my salvation. He told me that Satan was like a lion crouching at my door waiting to tell me lies. He told me to read the Bible and ask God to give me a verse to counter the lies that Satan was telling me. It took a few days, but God gave me a verse that even today I use when I feel insecure about who I am in Christ.

Revelation 3:20

"Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.

Next, my dad helped me walk through my anxiety by talking to my sister and I about what was causing strife in our home. The reason I could not sleep and the worried feelings I was having was caused by something that was out of my control.

We as parents often forget to consider our children and how our own struggles/issues/problems in life may be affecting them. Children often do not know how to articulate what is bothering them, and they may not know that anything is wrong. They respond to anxiety in many different ways and sometimes we think they are misbehaving.

My parents chose to help me with my anxiety by sharing what was going on in simple and easy to understand language. Kids don't always need to know everything. Even though you might not be able to share everything with your children, talking with them and getting them to talk to you is key in helping them with anxiety. A powerful tool in getting your child to talk is asking them open-ended questions. This will help start a conversation and it may lead to valuable time spent helping your child deal with anxiety.



Enjoy and explore the lyrics of the song, "Anxious Heart" from Jeremy Camp with your children!



RESOURCES FOR YOUR FAMILY:

“When we allow worries to dominate us, we’re actually saying that God can’t be trusted to take care of us. But He can be trusted!”

-Billy Graham

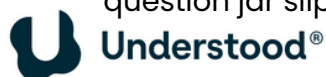
At Home Activity:

Have a question jar on the table filled with questions to get open ended conversations going.

- o What made you laugh today?
- o What lesson/subject was your favorite today?
- o What was the best part of your day?
- o Who did you sit with at lunch today?
- o What is the most interesting thing you learned today?
- o What was the hardest thing you did today?
- o What Bible stories are you reading at school?



Scan the code for printable question jar slips



LAUGHTER IS GOOD MEDICINE:

Q: WHAT IS A CHRISTIAN'S FAVORITE SONG TO PLAY IN THE CAR?

A: "JESUS TAKE THE WHEEL"



Q: WHAT DID THE DUCK SAY AFTER SHE BOUGHT CHAPSTICK?

A: "PUT IT IN MY BILL!"

Great Books to Check Out



Children's Books:

Your Brave Song, by Ann Voskamp



Anxious Ninja, by Mary Nhin

Q: Dear Roary: What are some tangible ways I can help my child in the midst of feeling anxious?

Dear Anxious Mom,

You've heard it said and demonstrated (breathe in, breathe out, smell the roses, blow out the candle, etc.), but did you know that calm breathing is the very thing that keeps our brain operating in a rational state? When your breathing becomes panicked, your brain function starts to diminish because the oxygen no longer fully goes to the brain, but rather to the outer extremities (flight or fight). This is why it is so important to help our kids remain calm and breathe when facing a panic attack. Our brain will tell us all sorts of irrational things when we are panicked. When a person struggles with a panic attack or anxiety, learning to calmly breathe is very important. Calm breathing allows oxygen to fully return to the brain so the person can think rationally on their own. For children that struggle with anxiety, a trick I learned from a dear friend of mine that works is: Have the child envision a cup of hot cocoa. Tell them to breathe in the smell, asking if there are marshmallows or peppermint inside. Once they "breathe in" the smell, tell them it's too hot to drink, so they need to "blow" on it to cool it down. Repeatedly say to the child, "breathe in the smell", "blow out the hotness". Continue this until the child is relaxed. It has been my experience with my own children as well as other children I have worked with that the "hot cocoa" trick works wonders.

Roary

Want to ask Roary a question?
Write your question and email it to:
Theboldness@lodichristianschool.org



Roary's Resources



Parent Fellowship Night

"Positive Discipline"

Tuesday, May 2nd @ 6:15pm

Childcare is free for all ages, preschool-8th grade.

SCRIPTURE REGARDING 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

"When I am afraid, I put my trust in you." Psalms 56:3

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will hold you with my righteous right hand." Isaiah 41:10