

Dare To Hope – A Series on Mental Health

Week 1: Anxiety

Anxiety Symptoms

- Feel nervous, uneasy, or on edge
- Have trouble falling asleep, staying asleep, or relaxing
- Tense muscles
- Excessive irritability or feelings of agitation
- Trouble concentrating or not being able to sit still
- Obsessively thinking about one thing or not being able to stop thinking about a lot of things
- Sense of impending doom or panic (“something bad is going to happen”)
- Unexplained stomach issues, headaches, or other health problems
- Worrying about normal, everyday events for no explainable reason

Resources

- View a list of available resources (videos, sermons, articles, etc.) via the Resource Center on Grace Church’s website:
 - <http://gracechurch.us/resources/resource-center/>
- Counselor Recommendations (for teens struggling with anxiety & depression):
 - Kerrie Siegl- 317-459-5221
 - Christy Falink- 317-843-9922
 - Bethany Hart- 317-537-7906
 - Curtis Trent- 317-585-1060
- Schedule a Care Appointment
 - We want to connect with you personally and believe it can be the most effective way to show compassion and ignite transformation. Care appointments allow you to meet with a Care Ministry Team Member for prayer, encouragement, and resource recommendations. Contact the Associate Pastor of Student Ministries at your campus to schedule an appointment.