

ANXIETY

14'30"

Interview

09:26

CONTINUITY

FACE TO FACE

28th June 2009

THEME: 0'06" Hello I'm Richard Mau, welcome to Face to Face

INTERVIEW: 6'53"

ANNOUNCER: Anxiety is a term that covers many fearful conditions such as phobias and obsessive compulsive disorders. A certain amount of nervous energy and fear is actually healthy and quite normal. But when these feelings take over and rule our life they need to be explored. It's perhaps even more difficult to deal with when you have a belief in God. We may feel we don't trust God enough. My guests today are Jenny and Steve who both suffer from anxiety and Julie who is a psychologist.
Thanks for joining us today. Jenny you've suffered from generalized anxiety since childhood. Could you start by describing your experience?

JENNY: Well I have anxiety all the time.....talking myself into functioning.

ANNOUNCER: mmm...and what about you Steve?

STEVE: I would go to work with this irrational fear.....this is ridiculous

ANNOUNCER: There are many things that can trigger anxiety. Jenny what's the trigger for you?

JENNY: It's very much how I'm perceived..... doesn't go very fast back.

ANNOUNCER: So what do you do to cope with it?

JENNY: I work hard to cover it up.....then it will go for awhile.

ANNOUNCER: Steve, you've been living with a chronic back injury over several years and then about 2 years ago began to struggle with acute anxiety leading to agoraphobia. How have you been able to deal with it?

STEVE: I was lucky enough.....to get me on a road to recovery.

ANNOUNCER: What are some of the elements involved in that recovery?

STEVE: Drugs.....both my GP and psychologist worked me through

ANNOUNCER: So when you feel anxiety coming what do you do?

STEVE: The first thing I do is breathe.....het my mind away from the fear.

MUSIC: 1'11" **HOLD TO EVERY PROMISE – Andy Piercy/Dave Clifton**

INTERVIEW: 5'01"

ANNOUNCER: You're listening to Face to Face and today I've been talking to Jenny and Steve about their experience of anxiety. Also with me today is Julie, a practising psychologist. Julie we've heard about some of the symptoms of anxiety and ways people can cope. How can friends and family support someone suffering anxiety? What are some of the do's and don'ts?

JULIE: Richard I think there's a lot.....that's not going to help the anxiety.

ANNOUNCER: Obviously Christians aren't exempt from struggling with anxiety. In fact it can make it worse because of feeling guilty about not trusting God enough or feeling like we have a weak faith. What would you say to people in this situation?

JULIE: I think it's very sad.....health professionals feel that's helpful.

ANNOUNCER: Thankyou Julie, Jenny and Steve for sharing with us today. Steve perhaps you could close today's program on anxiety with a summary of what we've talked about?

STEVE: It's horrible.....learning to not let it drive you...extent that it could.

MUSIC: 0'15" HOLD TO EVERY PROMISE – Andy Piercy/Dave Clifton

ANNOUNCER: 1'02" This is Face to Face and you've been listening to interviews about anxiety. If you suffer from anxiety I encourage you to seek help. There is hope for living a positive life. I'd also like to offer you a free booklet titled ***Finding Peace***. In it you'll gain understanding about the cycle of anxiety. And you'll also read true stories of people who've learned to manage their anxiety. For a free copy of ***Finding Peace*** simply phone Freecall 1800 353 350 that's 1800 353 350 or write to *Face to Face*, 197 Archer Street, North Adelaide 5006. You can also go to our website at www.facetoface.org.au where you can download programs, request booklets, and find other resources and information. That's www.facetoface.org.au I'm Richard Mau and I look forward to your company again next week when we'll come *Face To Face* with God through Jesus Christ.

ANNOUNCER: 0'03" This program was produced by Lutheran Media