

CAUSES AND CURES OF ANXIETY AND DEPRESSION

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CAUSES AND CURES OF ANXIETY AND DEPRESSION



- **Anxiety:** apprehension, uneasiness of mind, usually over an impending or anticipated threat or danger
- **Causes:** response to stimuli in a person's environment or internal stimulus

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- **Depression:** despondence and dejection, accompanied by feelings of hopelessness and inadequance
- **Causes:** chemical imbalance, genetic predisposition, negative thoughts and habits

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- **Loss Of Focus**
- **1 Kings 19:4**
 - **Lack Of Meaning To Life**
 - **Lack Of Motivation For Life**
 - **Lack Of Mastery Of Life**

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- **Life's Fatigue**
- **1 Kings 19:7**
 - **Losses**
 - **Hurts**
 - **Life's Demands**

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- **Lack Of Food**
- **1 Kings 19:5-8**
 - **Loss of Appetite**
 - **Loss of Energy**
 - **Loss of Stamina**

CAUSES AND CURES OF ANXIETY AND DEPRESSION



- **Unaddressed, anxiety can lead to depression and depression can lead to confusion and diminished faith**
- **Address anxiety and depression by regaining focus, get appropriate rest and nourishment, exercise, and take medication if necessary**

