



STRESSED OUT: TEENS AND ANXIETY SEMINAR FOLLOW-UP HANDOUT

By Dr. Walt Mueller

Some Signs and Symptoms For Anxiety Disorders

Generalized Anxiety Disorder (GAD)

- restlessness or feeling keyed up or on edge
- being easily fatigued
- difficulty concentrating or mind going blank
- irritability
- muscle tension
- sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)

Social Anxiety Disorder (SAD)

- Fear of situations in which you may be judged
- Worrying about embarrassing or humiliating yourself
- Intense fear of interacting or talking with strangers
- Fear that others will notice that you look anxious
- Fear of physical symptoms that may cause you embarrassment, such as blushing, sweating, trembling or having a shaky voice
- Avoiding doing things or speaking to people out of fear of embarrassment
- Avoiding situations where you might be the center of attention
- Having anxiety in anticipation of a feared activity or event
- Enduring a social situation with intense fear or anxiety
- Spending time after a social situation analyzing your performance and identifying flaws in your interactions
- Expecting the worst possible consequences from a negative experience during a social situation
- Blushing
- Fast heartbeat
- Trembling
- Sweating
- Upset stomach or nausea
- Trouble catching your breath
- Dizziness or lightheadedness
- Feeling that your mind has gone blank
- Muscle tension

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Panic Disorder/Panic Attacks

- Palpitations, pounding heart, or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath or smothering
- Feelings of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, unsteady, light-headed, or faint
- Chills or heat sensations
- Paresthesia (numbness or tingling sensations)
- Derealization (feelings of unreality) or depersonalization (being detached from oneself)
- Fear of losing control or “going crazy”
- Fear of dying

Trauma-Based Anxiety/PTSD

- Re-experiencing the trauma through intrusive distressing recollections of the event, flashbacks, and nightmares.
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
- Increased arousal such as difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered.
- Spontaneous or cued recurrent, involuntary, and intrusive distressing memories of the traumatic events (Note: In children repetitive play may occur in which themes or aspects of the traumatic events are expressed.)
- Recurrent distressing dreams in which the content or affect (i.e. feeling) of the dream is related to the events (Note: In children there may be frightening dreams without recognizable content.)
- Flashbacks or other dissociative reactions in which the individual feels or acts as if the traumatic events are recurring (Note: In children trauma-specific reenactment may occur in play.)

- Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic events
- Physiological reactions to reminders of the traumatic events

Obsessive/Compulsive Disorder (OCD)

- Fear of contamination or dirt
- Needing things orderly and symmetrical
- Aggressive or horrific thoughts about harming yourself or others
- Unwanted thoughts, including aggression, or sexual or religious subjects
- Fear of being contaminated by touching objects others have touched
- Doubts that you’ve locked the door or turned off the stove
- Intense stress when objects aren’t orderly or facing a certain way
- Images of hurting yourself or someone else that are unwanted and make you uncomfortable
- Thoughts about shouting obscenities or acting inappropriately that are unwanted and make you uncomfortable
- Avoidance of situations that can trigger obsessions, such as shaking hands
- Distress about unpleasant sexual images repeating in your mind
- Checking
- Washing and Cleaning
- Counting
- Orderliness
- Following a strict routine
- Demanding reassurances

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Additional Resources:

Books:

Crisis and Trauma Counseling: A Practical Guide for Ministers, Counselors, and Lay Counselors, by H. Norman Wright
Known By God: A Biblical Theology of Personal Identity, by Brian S. Rosner
New City Catechism
New City Catechism Devotional
Spiritual Depression: Its Causes and Its Cure, by D. Martyn Lloyd-Jones
Struck: One Christian's Reflections On Encountering Death, by Russ Ramsey
Suffering and the Heart of God: How Trauma Destroys and Christ Restores, by Diane Langberg
Teaching the Faith, Forming the Faithful: A Biblical Vision for Education in the Church, by Gary Parrett and Steve Kang
The Christian and Anxiety, by Hans Urs von Balthasar
The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups, by Leonard Sax
The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost, by Donna Freitas
The Meaning of Anxiety, by Rollo May
Turtles All The Way Down, by John Green
What Do You Think Of Me? Why Do I Care? Answers To The Big Questions of Life, by Edward T. Welch
When I Am Afraid: A Step-By-Step Guide Away from Fear and Anxiety, by Edward T. Welch
When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man, by Edward T. Welch

Audio/Video:

Conference Recordings: "Anxiety: How God Cares For Stressed People" – Christian Counseling and Education Foundation
- <https://www.ccef.org/shop/product/anxiety-conference-audio-set>

"Praying Our Fears" – Tim Keller Sermon - <https://www.youtube.com/watch?v=-8tdA8YMOYM>

"Peace – Overcoming Anxiety" – Tim Keller Sermon - <https://www.youtube.com/watch?v=vduGmIIISacQ>

"Anxiety" – talk by Alistair Begg - https://www.youtube.com/watch?v=efkVtXWI_LU

"Worry and Anxiety" – Martyn Lloyd-Jones Sermon - https://www.youtube.com/watch?v=EKBpGrfL_wA



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For more information on today's youth culture, visit the website of the Center for Parent/Youth Understanding at www.cpyu.org.