

11 THINGS THAT INCREASES ANXIETY



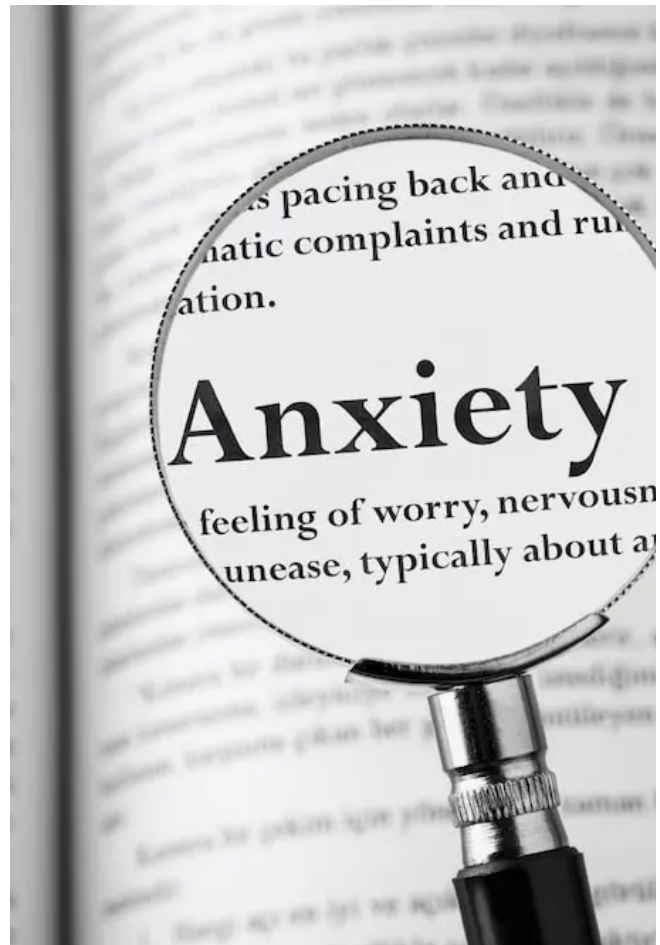
Anxiety is a silent killer. It takes years off of your life. Anxiety raises blood pressure, interrupts sleep, increases depression, stomach pain, abdominal cramping, irregular heartbeats and unfortunately so much more.

Most people do not realize how anxiety has limited their ability to enjoy a prosperous and productive life. Anxiety limits growth, stifles progression and keeps you complacent.

1st Peter 5:7
says, “Give all
your worries to
him, because he
cares about
you.”

The things you take for granted or don't think about are **DISCREETLY** increasing your anxiety. These **INTANGIBLE** attributes are the silent killers that strengthens the feelings, emotions and behaviors of anxiety.

- **DISORGANIZATION** strengthens the spirit of worry.
- **UNCERTAINTY** increases apprehension.
- **FEAR** increases doubt.
- **UNPREPAREDNESS** increases worry.
- **UNHAPPINESS** increases misery.
- **UNEASINESS** increases nervousness.
- **DISCONTENTMENT** increases panic.
- **FEELING OVERWHELMED** increases restlessness.
- **LACK** increases suffering.
- **HORRIBLE CONDITIONS** increases concern.
- **LONELINESS** increases sorrow and depression.
- **IMPATIENCE** increases ungodly impulses.



Ask God to help balance your emotions so the spirit of anxiety does not over take you.

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