

# Freedom from Anxiety, Depression and Fear

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**Depression-** Anger turned inward; Sense of sadness, gloom and despair

- General down mood
- Lethargy
- Excessive Guilt
- Frequent crying
- Decreased interest in activities and people
- Feeling of being punished
- Social isolation
- Feeling overwhelmed
- Negative thoughts about past present and future
- Irritability, poor concentration and sleep patterns
- Somatic physical disorders

**Deep Limbic System:**

- Regulates production of the neurotransmitters serotonin & norepinephrine
- Sets emotional tone for the mind
- Filters external events (emotional coloring)
- Stores highly charged memories
- Modulates motivation
- Promotes bonding

**Anxiety-** Generalized fear; Inability to control worry, doubt and fear

- General agitated mood
- Feeling keyed up or high idle state
- Muscle tension
- Fine motor problems
- Conflict avoidance
- Nervousness
- Social isolation
- Feeling overwhelmed
- Intrusive negative thoughts about the future
- Irritability, poor concentration and sleep patterns
- Somatic physical disorders

**Basal Ganglia:**

- Modulates the neurotransmitters serotonin and dopamine
- Sets the body's idle speed
- Integrates emotions thoughts and physical movement
- Shifts and smoothes fine motor behavior
- Modulates pleasure and energy levels

Figure AB-16: Limbic System

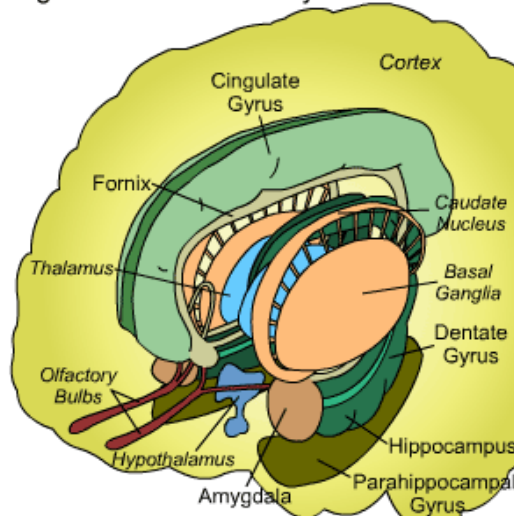


Diagram colors are consistent with Figure AB-17.

**What Can We Do?**

**Depression Cures;**

1. Killing Ants-Automatic Negative thoughts
2. Recognize the importance of physical touch.
3. Exercise and follow proper nutrition
4. Surround yourself with people who provide healthy proper bonding.
5. Meditate and pray the Scripture.
6. Develop healthy memory management. Deal with the past it makes for a healthy future.