

TRICIAZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 127 – Christian: Anxiety and Depression**

Christians experience both situational and clinical anxiety and depression. And research has shown that people with strong religious beliefs may be less likely to seek treatment because of the misconceptions and stigma surrounding mental health issues. It’s only been very recently has going to therapy or seeing a life coach been normalized in society.

1) How do you feel about getting support for your anxiety and/or depression? What has potentially stopped you from getting help?

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Misconceptions and stigmas surrounding mental health issues can prevent Christians from getting the help they need. Sometimes they may hear, “just pray more” or “have more faith,” “read the Bible more”, or “attend church more frequently,” when what they really need from their Christian community is empathy and understanding and unconditional love, rather than judgment or dismissiveness.

2) What has been your experience with your mental health issues in your Christian community?

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It's important to address the issue of guilt that can often accompany mental health struggles, particularly for Christians. Many people may feel guilty or ashamed for experiencing anxiety and depression, believing that their struggles are a sign of weak faith or spiritual inadequacy.

3) How has your mental health issues affected your faith?

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It's important to recognize that seeking help for mental health struggles is an act of faith and courage, not a sign of weakness. Your struggles are not a reflection of your spiritual or moral character!

There are five things you can start implementing today to improve our mental health for situational anxiety and/or depression: Turn to God, Practice self-care, Seek support, Practice Mindfulness, and Challenge Negative Thoughts.

4) Write out a plan of action for each of the five that can improve your mental health:

Turn to God: \_\_\_\_\_  
\_\_\_\_\_

Practice Self-Care: \_\_\_\_\_  
\_\_\_\_\_

Seek Support: \_\_\_\_\_  
\_\_\_\_\_

Practice Mindfulness: \_\_\_\_\_  
\_\_\_\_\_

Challenge Negative Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Friend, if you are struggling with anxiety or depression as a Christian, know that you are not alone. God sees you, hears you, and loves you unconditionally. There is hope for healing and recovery. By taking action and seeking support, you are demonstrating your faith and trust in God's plan for your life. Healing is coming!

There is no shame in seeking help, and together we can work towards healing and recovery. Please don't hesitate to reach out for support. I'd be thrilled to chat with you a bit to see if we're a good fit to work together. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com).

Do you know someone who could use this encouragement, too? Please invite them to listen to the Another Beautiful Life Podcast!