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By God's grace, You made it here 😊

Welcome your breath.

Center your body.

All of you is here, now.

- Finances
- Time
- Children's Health
- Technology & Social Media
- Concerns about Children's Physical Safety
- Cultural pressure to meet "parenting standards"
- Parental Isolation and Loneliness

The New York Times

TheUpshot

Today's Parents: 'Exhausted, Burned Out and Perpetually Behind'

The surgeon general is warning about parents' stress, a sign that intensive parenting may have become too intense for parents.

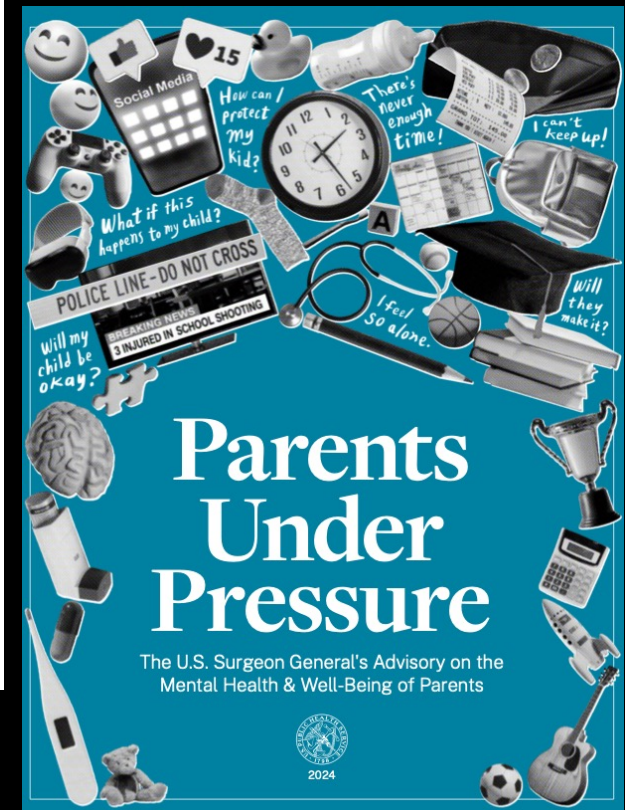
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The surgeon general's report noted that over the past decade, parents were consistently more likely to report experiencing high levels of stress compared with other adults. Rebecca Gratz for The New York Times

By **Claire Cain Miller**

Published Sept. 14, 2024 Updated Sept. 16, 2024





Zephaniah 3:17

“The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.”

Ephesians 2:8–9

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Ephesians 3:17–19

“...that you, being rooted and grounded in love, may have strength to comprehend... what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge...”

Hebrews 4:16

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

Lamentations 3:22–23

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

Anxiety 101: A Created Protection System



Danger → Perceived Danger → Possibility

“Am I going to be okay?”

“Am I safe?”

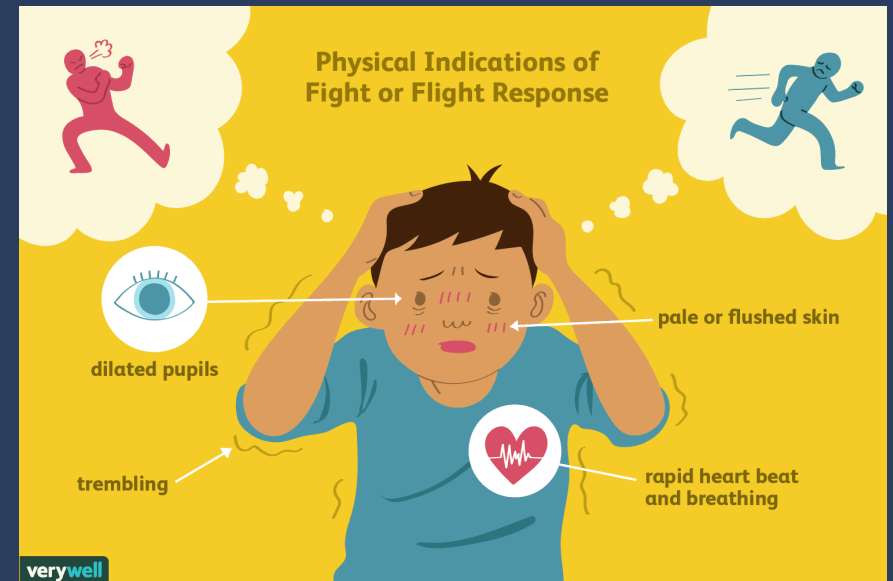
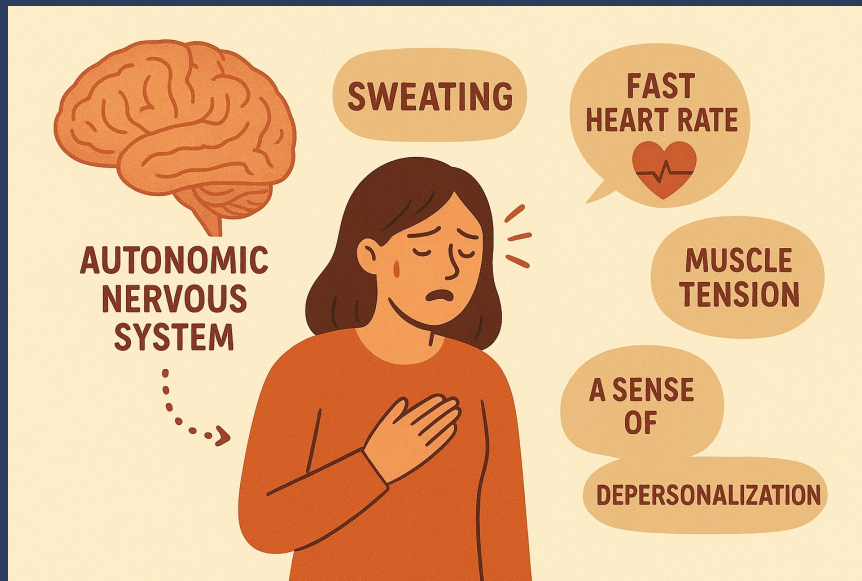
Is my child...

~~"Am I going to be okay?"~~

~~"Am I safe?"~~

Anxiety 101:

The Body's Alarm = Autonomic Nervous System



ANXIETY CYCLE

CBT Model of Anxiety Disorders

If we have time in Q & A, ask me about "Misinterpretation of Threat"... or don't lol

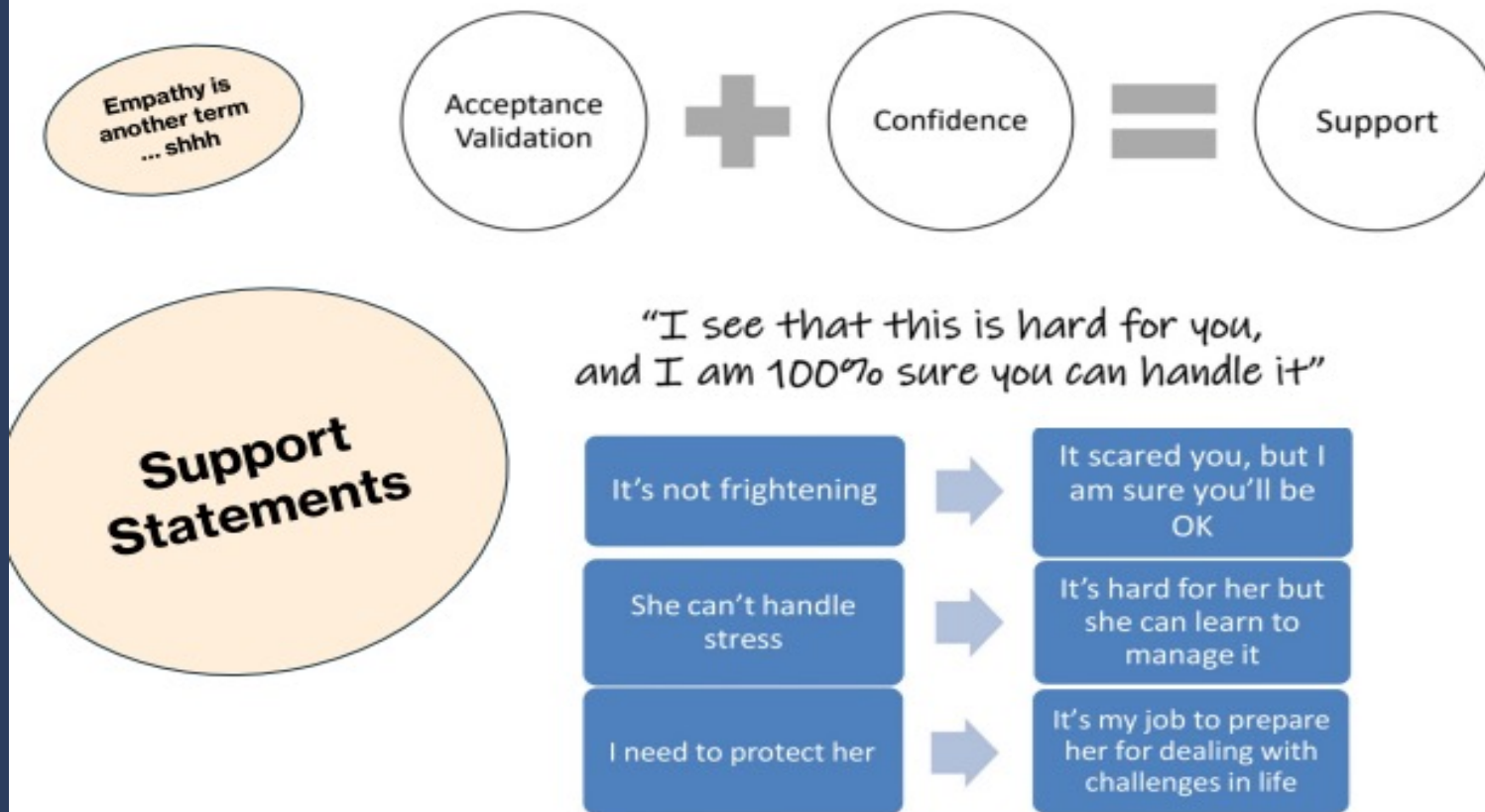
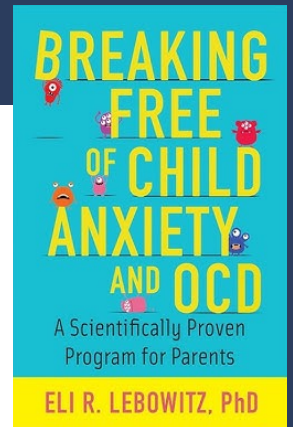




Attachment: Why Safety Changes Everything

- Attachment allows the child to learn about themselves and the world through the parent
 - For the child, it captures the question: “Am I okay? Am I safe? Am I cared for?”
 - For the adult, it captures the answer: “You are okay. You are safe. You are cared for.”
- It Changes at Different Ages and Stages
 - Baby; Crying, cooing being met with eye contact, food, expression
 - Toddler; Falling, looking at parents
 - Teen; Exploring the world, pushing boundaries, figuring out who they are -- “Am I safe to explore? Will you still love me?”
- It Supports Healthy Development → REGULATION

SPACE: Supportive Parenting for Anxious Childhood Emotions



Adults Need These Messages Too!!!!

1. "You're not alone."
2. "You can do hard things because you are held."





God/Christ as Our Secure Attachment: Why God Changes Everything

“I am with you always.”
(withness; Matthew
28:20)

“Cast your cares on me
because I care for you.”
(responsiveness; 1
Peter 5:7)

“Under His wings you
will find refuge.” (safe
haven; Psalm 91:4)

“Fear not, for I am with
you; I will strengthen
you.” (confidence;
Isaiah 41:10)

“The Lord is near to
the brokenhearted.”
(attunement; Psalm
34:18)

“Nothing can separate
us from the love of
God.” (secure bond;
Romans 8:38-39)

Supportive Statements SPACE: Jesus Version

- SPACE:
"This is hard, and I'm 100% sure you can do this."
God says:
"I know you feel alone, and I have called you by name--you are mine."
- SPACE:
"I see you are scared, and I know you can do this."
Jesus says:
"I see you are scared. Take heart. I have overcome the world."







Quick Tips to Cope with Stress

Present-Moment Pause

- Deep breathing
- Grounding

Reframe Comparison, meet with Compassion

Limit Social Media

- Limit exposure to news sources

Emotion Regulation through Values- based Action

... Work with a
therapist ;)

... and with the bigger picture...

1

Notice your anxiety with compassion. Finitude is not a sin!

2

Pair Grounding with Truth

- Deep breathing + "I am held."
Grounding + "The Lord is my refuge."
Slowed exhale + "I am not alone."

3

Practice Supportive Self-Parenting or Supportive Prayer

- Memorize the attachment language of scripture

4

Begin rejoicing in your finitude and worshipping God's holiness

- Lament is also worship

Thanks! ladiesssssssssssssssssss