

BE A WARRIOR NOT A WORRIER

*"There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though
everything is a miracle."*

-Albert Einstein



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Dear friend, you might be anxious about many things happening all around you, in your office, city or neighborhood. You might be ignoring some of these while others become a cause of worry. It all depends on their impact on you and on the way you react to them. Let us look at a few examples to understand better:

- If you are a corporate professional, you might be aware of the introduction of various new technologies in the fields of Automation and Artificial Intelligence in many companies who are trying to re-invent their businesses. This situation has left many filled with apprehension and job insecurities
- Recently when Warren Buffet investments lost \$112 BN in a week in the stock market crash, it would have shaken up badly any regular investor. Even if you aren't a stockholder and it may not have affected you directly, you still will dwell upon why, what and how it could have happened to such a reputed firm.
- From these prominent reasons to even simple things like worrying over the bad conditions of roads, traffic jams which you feel can be avoided by implementation of better plans by concerned authorities, these steal your peace. Resulting in an irritated, indignant and disquiet mind.

WHY DO PEOPLE WORRY?

The reason can be from among so many things, which don't just stay a concern, but turn into a long term worry.

Let us look at a few examples from our daily life.

Worrying about Job Security

In many industries especially in private sector jobs like the IT, the utmost concern of any employee is job security. Either it's a question of a demanding boss, an unfair appraisal, a difficult team or a long due promotion/hike, each quarter brings in a different issue. If one doesn't get the expected hike, they think about changing the job. Some even resign in a rush and as the notice period draws closer to the end date without an offer in hand, the worry sets in. More so, if there is a family dependent on them financially. And then there's always the worry of proving oneself in the new job and the nagging doubt of whether the new job at least will be a secure one or not.

Worrying about Financial Security

Now-a-days, corporate employees succumb to peer-pressure to increase their standard of living and acquire things like cars, houses, fancy gadgets, even when they cannot afford them. To acquire these, they take personal loans, car loans, home loans etc., and start worrying about the EMIs. To mitigate this, in IT industry at least, people plan to go onsite, especially US, even when their government sets up restrictions and passes laws to keep immigrants away. And even if they

somehow manage to land there, they then start worrying about getting a Green Card!! A few who just could not bear such continuous pressure and quit the IT to join any government sector or other Industry jobs have only discovered that a different set of worries awaits them in those sectors.

Worrying about Children

Parents worry about their children throughout the different stages of a child's growth. When they are babies they worry about them as they play, that they might get injured or catch an infection. Even as the child grows up to 2-3 years of age, they start worrying about which school to enroll them into and their education in general. Later begins the burden of their job hunts and marriages. Once they are settled in a job and are married off, the parents then begin to get anxious about their own futures. Will the children take care of them or not?

IS IT OK TO WORRY?

The Oxford dictionary defines worry as 'The state of being anxious and troubled over actual or potential problems'. William Inge, a famous

English Author, nominated three times for Nobel Prize in Literature says, "Worry is interest paid on trouble before it is due".

Worrying is like a rocking chair. It gives you something to do but it doesn't get you anywhere.

– Van Wilder



If you carefully observe the scenarios we discussed

earlier, from the time we are born till we die, there are countless things that we worry about. This should enable us to proactively plan and overcome negative consequences. However worrying about anything beyond a certain limit or worrying about things that we cannot control or change, may lead a person to depression. "Do not worry about tomorrow, for tomorrow will worry about itself".¹

Destroy the Depression Demon!

According to research reports and hospital records, more than 10 million cases of depression are registered every year in India across all ages (starting even at the age of 3-5 years!). Across the world, more than 350 million people suffer from depression. The number seems to be increasing day by day. Many people around us are going through depression, though they may not disclose it or even appear to be going through it.

Some common symptoms of depression are persistent feeling of sadness, loss of interest, low energy levels, lack of concentration and low

self-esteem. If you observe these symptoms in any person, whether they admit it or not, they might be going through some kind of depression.

Many famous and accomplished people also battled with depression. Being renowned doesn't mean they



are exempt from it. Celebrities like Deepika Padukone (Bollywood Actress), Late Princess Diana, Amitabh Bacchan (Bollywood Actor), Mike Tyson (famous boxer) and many more went through cycles of depression. As per Wikipedia, interestingly, many comedians top the list. A few overcame it and a few succumbed. Depression gnaws at the heart of an individual and eats away the happiness inside. It makes one feel that there is no more hope. Sadly, depression is one of the major reasons for suicides across the globe.

Few Common Reasons for Depression!

While there are numerous reasons why a person might go through depression, the major ones include: issues in relationships, loss of loved-ones, illness, fear of future, financial insecurity, lack of recognition, stress at work place etc.^a

This booklet looks at three key reasons that might lead a person into depression:

1. Lack of love
2. Lack of recognition
3. Lifestyle issues

Lack of love

Deep inside every person is a need to be loved and accepted. They try to find it all at home and if they experience any lack in what they have, they look for it elsewhere. This can begin as early as in school life.

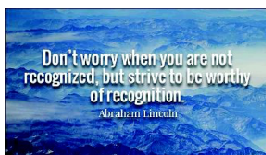


The person reciprocating this need might also expect something from the one seeking love. Hence, the relationships turn materialistic and real love will be lacking. In case, the person one looks up to for solace does not respond, it leads to an utter dejection which may not just stop with worry. The person might just start being lonely and even avoid all human interactions. It may lead to long term problems such as smoking, alcohol addiction, drugs etc. These empty consolations do not however give the expected satisfaction.

Such instances of lack of love may lead to depression.

Lack of Recognition

Everyone craves for recognition. It starts at home, continues in school, neighborhood, workplace and the list goes on. This is much more concentrated in the professional world.



In IT/Corporate industries, if you are a high performer, you put in more work hard to continue in that spot. If you are well-known among your juniors, peers, and supervisors and most importantly if you are taking home a good pay check, you will be very happy and motivated. Obviously, you cannot show the same kind of energy levels year on year beyond a certain stage. Because of this, the high performers too may soon be replaced at the top by others and may start losing the recognition they once had. Their performance level gets affected and they might find themselves earning

less than their peers. Sometimes they may even be asked to leave the position or the job itself. All this leads to a lot of pressure and eventually leads to depression.

In sports, every player wants to be No. #1. Once a player reaches the topmost spot, the feeling is fabulous. But the moment someone else overtakes that position, they feel they are inadequate and that is why they lost their recognition. They work harder, change coaches, and do everything possible in order to regain that spot. If this doesn't happen or gets delayed the player starts worrying.

Similar is the story in cinema and fashion industries. People who reigned at the top once are now craving for recognition. This is simply because they cannot perform how they used to or cannot look like how they used to when they were young.

Such instances of lack of recognition may lead to depression.

Lifestyle Issues

Comparison with peers and the desire to match one's lifestyle with them is a common thing we notice everywhere these days. People tend to raise their standard of living beyond their ability and spend much more than their means only to feel at par with those around them. It may begin with huge credit card bills and then creep in loans which slowly become a burden which they cannot pay back. Just within a few days of receiving the monthly salary, it is all gone over paying the EMI and the bills. Rest of the month will again be

a pressure situation and this continues month after month. They start looking out for means to increase their income sources. Some even look for unethical ways as well to earn money just to ensure that their expenses are met. This puts a lot of pressure on the person. In news every day we see many people committing even suicide because they are unable to sustain their lives this way.

Such lifestyle issues may slowly lead to depression.

Reactions due to Depression!

Those who are under depression think that they are all alone (even though they are among many); that there is no one who loves them, nor understands them nor cares for them. This is the stage where many will try to forget the pain through alcohol, drugs and abusive things on internet, only to add to the trouble which they are already in. Some even contemplate suicide.

Is this what life is all about? Should we totally lose control and allow despised things to rule over us, to enslave us? Should circumstances decide what our life has to be? The answer is a bold **NO!**



TIPS TO DEAL WITH DEPRESSION

Here are a few simple tips to deal with depression.

Tip 1: Stay connected

In general, a person who is depressed tends to stay alone. But it is better to stay connected with people around you. One proven technique to deal with it is, to express ones feelings with others who care about you. Talking about your problems openly does not mean that you are weak. It only means that you are taking the first step to overcome them.

Tip 2: Engage yourselves in things that make you feel happy

Avoid being idle because depression make a person lazy. Keep yourselves engaged in things that you like or make you feel happy. Ensure that you take good rest by sleeping well. Explore something new, this really pumps in positive energy into you.

Tip 3: Do physical exercises

Due to depression, even though you feel exhausted and prefer just sitting about, avoid doing that. Ensure that you exercise at least 30min per day preferably in the sun light which really helps.

Tip 4: Eat healthy food

When depressed, while you do not feel like eating, do not skip meals. Take good diet. Avoid junk food. Avoid alcohol and fatty foods. Do not take any medicine to overcome depression without doctor's advice. A medicine that might have worked for others may not work for you. This is simply because YOU are unique.

Tip 5: Avoid negative thinking

A lot of negative thoughts creep into your mind during depression. Avoid them by checking on the PROS and CONS before you take any action. Be cool and avoid over reacting to the circumstances around you. You are very precious and it's YOUR life.

Tip 6: Develop a heart of contentment

Avoid peer comparison. Be happy with what you have. Don't pursue anything beyond what you can afford.

Tip 7: Take professional help

There are a lot of well trained professional counsellors available to help those who are in depression. Please reach out to them. They can guide you and help you to come out of depression.

PERMANENT SOLUTION TO OVERCOME DEPRESSION

Depression is a manifestation of what you feel deep inside your heart. If you are not happy or content within your heart, it impacts not just your own life, but your family and all your relationships. Many people try to fix this by acquiring comforts, increasing living standard, building relationships etc. Some try activities like engaging themselves in good deeds, charity work, and meditation. However later they realize that these things are not the sources of true happiness.

There is only one person in the entire universe who can give true happiness and He is God. We, human beings, are created and designed to have relationship with God. For your heart to be happy, you should have

a personal relationship with God. For example, a fish cannot live outside water, since water is the source of energy and life for fish. Similarly, a tree cannot live when we remove it from the earth, since earth is the



source of energy and life for a tree. For humans, God is the source of energy and life. Humans are designed to be connected with God. As long this connection is not established, we cannot have real happy life. You might look happy outside, but that might not be true happiness until God becomes the source of our energy and life within us. For us to experience this energy and life from God, we should be connected with God.

WORRIER TO WARRIOR

We cannot build this relationship with God by ourselves. Good news is that, the God who is the Creator and sustainer of the entire universe loves us and wants us to have relationship with Him. However, our sins hinder us from getting connected with Him. He came into this world in the form of a human to establish the relationship. This God who came in the form of a human being is none other than **Jesus Christ**. To establish this relationship, sin must be removed. Jesus Christ paid penalty for our sins by dying on our behalf on the cross of Calvary. This act of Jesus on the cross paved the way for us to enjoy that lasting relationship with God. Jesus not only died, but also rose

again to emphasize the fact that this relationship will not end when we die but continues beyond death.

If you have this relationship with Him, He will stay with you, He will live with you and He will even live 'in' you. He loves you, cares for you, understands you exactly the way you want others to understand you. You can pour out your heart to Him and He will be everything for you. You will never ever feel alone, you will never ever feel depressed. He will be with you wherever you are and in whatever situation you are going through. He will never leave you nor forsake you². Nothing can separate us from His love³ and relationship. You will be His, He will take over you, take control of situations for you and everlasting joy will overflow in your heart and you will overcome all your depressions, dissatisfactions, and disappointments. **You will no longer be a worrier but will be a warrior.** Wonderful, isn't it?

All you need to do to build this relationship is to believe in what Jesus did on the cross. Whenever anyone believes that Jesus came into this world to wash away his/her sins, this relationship with God gets established. By this act, you will be connected to God. As a person who is enjoying this relationship and joy, I humbly request you to think about it and invite you to believe in this truth. This truth will set you free⁴. You will never be same, because God Himself will always be with you that too, in you. Jesus said, Come to me, all you who are weary and burdened, and I will give you rest.⁵

A SIMPLE 3-STEP SOLUTION

To enjoy this lasting relationship and true happiness, all you need to do is:

1. **Admit** that you have sinned and that you need God to forgive and restore you.
2. **Believe** that Jesus died on the cross and paid the penalty on your behalf to set you free.
3. **Confess** and choose Jesus to be your Saviour and Lord.



My dear friend, please think about it. I want you to be a Warrior not a Worrier! May the God who created you help you in making the right decision!!

Thank you for reading. Take care. Jesus loves you.

- Wilson G

Note: *If you need any help/ counsel/ guidance, please contact Interface at interfacefellowship@gmail.com.*

References

- ^a <https://www.medicinenet.com/script/main/art.asp?articlekey=55167>
- ^a <https://www.webmd.com/depression/guide/>

References from the Holy Bible

- ¹Matt. 6:34
- ²Heb. 13:5
- ³Rom. 8:39
- ⁴John 8:32
- ⁵Matt. 11:28

Disclaimer: The ideas expressed in the booklet are the viewpoints of the author. Freedom of speech/ expression is the right to articulate one's opinions and ideas that includes any act of seeking, receiving and imparting information or ideas, regardless of the medium used. The Constitution of India provides the right of freedom, given in articles 19, 20, 21 and 22, with the view of guaranteeing individual rights that were considered vital. Freedom of religion in India is a fundamental right guaranteed by Article 25-28 of the Constitution of India according to which every citizen of India has a right to profess, practice and propagate their beliefs peacefully.

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