



FRED Talks + Guests

A Discourse Community for people curious about all things LEADERSHIP.
Titus 1:5 *“Setting in order things that are lacking.”*

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WELCOME

Thank you for joining Dr. Fred Garmon and LeaderLabs for **FRED Talks + Guests**.

FRED Talks + Guests is a leadership development online talk show presenting relevant and practical leadership content through **FRED Talks** and *interviews* with prominent leaders. Dr. Garmon’s goal is to address the **“where has this stuff been”** subject matter needed by faith-based and non-profit leaders—as Paul wrote to Titus, for **“setting in order the things that are lacking”** (1:5).

SPEAKER:

Fred Toke, Psy.D. Dr. Toke holds a doctorate in psychology with an emphasis in clinical work. His work is extremely popular with the Singaporean government for whom he has trained many professionals from diverse backgrounds. Fred has served the Church of God as a local pastor and National Overseer of Singapore. Dr. Toke has been a TEDx Conference speaker, Asia Pacific Brands Awardee, and a nominee for the Singapore Spirit of Enterprise Award. Fred is currently the Chief Operating Officer (COO) for *People for Care and Learning* (PCL) in southeast Asia.

TOPIC

Beating Anxiety at its Game

EPIISODE NOTES

According the World Health Organization (WHO), 1 in 30 people are suffering from some kind of anxiety disorder. In the USA alone, there are 40 million people suffering from anxiety. The COVID-19 pandemic is causing rising levels of anxiety.

1. How does anxiety actually work that causes so much havoc in our lives?

Basically, anxiety is product of the imagination. You react to what you imagine to be true and the body reacts to what the mind tells you.

The biblical Greek word for anxiety means “to have split mind.” Also referred to as the **“ROI”** versus the **“ROP,”** *the reality of your imagination fighting the reality of the present.*

We can learn to tell our brain to *“shut up.”*



Every day we produce about 70,000 thoughts. Only 10% of our daily thoughts are of the present and future; 90% of our 70,000 daily thoughts are based on the past. Like a computer, the brain produces algorithms based on past experiences.

The old self will always remain unless there is a renewal of the mind. The past filter must change – be transformed. (Romans 12:2)

We are all the same color on the inside. When you look at anyone’s brain, you’d never know if they were black, white, Asian or Hispanic, etc. We all look the same on the inside.

Think of it this way. The brain is your hardware. Your thinking is your software. You have to let the software talk to the hardware and rewire your thinking. (Proverbs 23:7) Otherwise you will not be able to make good decisions. (2 Cor. 10:3-6)

2. **What’s the most effective way to fight it? The Good news.**

What is learned can be unlearned. Our natural tendencies can be changed.

Use the APPLE strategy: An APPLE a day will keep you from seeing professionals like Dr. Toke.

A – **Acknowledge** what’s going on within yourself – be conscious of it.

P – **Present** – Be aware of your environment and your present reality – presence of mind.

P – **Presence of God** – Take you thoughts before the LORD – pray.

Learn & **L**isten

E - **Engage**

- The responsibility is on YOU - the owner of the brain.

Take advantage of the fruit of the Spirit – Self-control.
Otherwise the brain operates on *automaticity*.



(Gal. 5:22-23)

There is a CEO part of the brain, and there is an Elephant.
The CEO can be trained to control the Elephant.

Elephant part of the brain.

The Prefrontal lobe of the brain is your CEO. But the Amygdala, 1,000 times smaller than your CEO, is an emotional trigger and it can shut your CEO down. Our creator intended for the amygdala to be tamed; that we would think with the CEO portion of our executive brain.

When emotions rule, rationality is thrown out the window. You don’t have to be hi-jacked.

David said that “we walk *THROUGH* the valley of the shadow of death.” So don’t stop.

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