



A MINISTRY SCHOOL OF THE ANGLICAN DIOCESE OF THE UPPER MIDWEST

Becoming a Less-Anxious Leader

FR. AARON DAMIANI

Defining Anxiety

Detecting Anxiety



Transforming Anxiety: The Leader's Job

Step-Up Vs. Step-Down Converter

Calming Figures:

Breath Prayers:

Perspective & Vision:

Further Reading

- *Failure of Nerve: Leadership in the Age of the Quick Fix* (Friedman)
- *Family Systems and Congregational Life: A Map for Ministry* (Creech)
- *Managing Leadership Anxiety: Yours and Theirs* (Cuss)