

# THERE ARE WAYS TO WALK THROUGH ANXIETY

*IF YOU'RE FEELING OVERWHELMING, CONTINUOUS, AND LONG-LASTING ANXIETY THAT AFFECTS YOUR DAILY LIFE, CONSIDER USING THESE TOOLS TO NAVIGATE THOSE FEELINGS:*

## **IDENTIFY YOUR FEELINGS**

Think about exactly what you're feeling and then try to find the source. You might not be able to identify the cause of your anxiety, but trying is a great place to start.

## **REMEMBER WHAT'S TRUE ABOUT GOD**

Think about how big, powerful, and loving God is. God can walk you through anything you're feeling or experiencing because God has overcome it all. When you feel anxious, simply pray, "God, help me remember that You are with me," to help shift your focus and remind you of what's true.

## **SEEK OUT TOOLS GOD GIVES US**

God gives us so many tools to help us walk through anxiety. The next time you're feeling anxious, give one of these tools a try:

### **PURSUE GOD**

One of the best tools we have to walk through anxiety is God! We can seek God through prayer and worship music, by noticing the comfort of the Holy Spirit in our lives, and by spending time reading Scripture.

### **CARE FOR YOURSELF**

There are a lot of ways we can care for ourselves. Things like getting enough sleep, doing breathing exercises, eating well, and exercising are all great ways to care for yourself any time, but especially when you're experiencing feelings of anxiety.

### **TALK TO SOMEONE**

Surround yourself with friends and family who can support, comfort, and encourage you when you're feeling anxious. Talking to a trained counselor, school counselor, or counselor on staff at your church can help you work through your feelings and move forward in a positive way. If you're nervous about this step, ask a trusted adult, like a parent, guardian, or small group leader, to help you.

### **REMEMBER WHAT'S TRUE ABOUT YOU**

Remember that Jesus said you are valuable, protected, loved, cared for, and not alone.

**WHEN WE REMEMBER THAT GOD IS WITH US AND USE THE TOOLS GOD HAS GIVEN US, WE CAN FIND WAYS TO MOVE FORWARD. GOD GIVES US THE TOOLS TO HANDLE ANXIETY IN OUR OWN LIVES; WE JUST HAVE TO SEEK THEM OUT AND USE THEM!**