

5 steps to calm anxiety

Use these prompts to work through episodes of anxiety. Remember, you can get messy—use the space!

1. DEEP BREATHING

When you're in the height of anxiety, stop. Think of breathing and nothing but breathing for a few minutes. Count how many seconds you inhale and exhale; focus on your diaphragm; listen to your body. Observe as it naturally becomes more relaxed.

2. ASK: WHAT ARE YOU AFRAID OF?

Use the space below to list all of the fears you can identify related to your anxiety. Break them down as specifically as possible.

3. ASK: ARE THOSE FEARS VALID?

Break those fears down even further? Are they true? Are they half-true? Validate or disprove with Scriptures.

4. SURRENDER WHAT YOU CAN'T CONTROL

Look at those fears that are actually valid and consider what you can't control. Surrender those to God in prayer.

5. ACT

You can control how to prepare and how to respond to the unknown. Write down your plan of action based on your fears.