

No matter your story, who you are, or what life has thrown your way, God sees and loves you. Your struggles don't have to define you. Jesus wants to partner with you to make all things new in your life and our world. In our Peace of Mind mental health series, we're exploring how to stop coping and start hoping.

This week, we've included some practices to help you process how anxiety appears.

### PRACTICE SAYING NO

Sometimes, you need to say "no," and remember, that's a complete sentence! No need to justify.

- ❖ To give yourself space, who or what do you need to say "no" to this week?

### BREATHE

Deep breathing has been shown to relax both the mind and the body.

- ❖ Try "box breathing." Breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds, and hold your breath for four seconds. Repeat as many times as you need to.

### PRACTICE GRATITUDE

Being thankful helps shift the mind from worrying to being grateful.

- ❖ Write down three things you are grateful for every day.

### WRITE DOWN ANXIOUS THOUGHTS

Anxious thoughts have a way of repeating in our minds, causing us to feel out of control.

- ❖ Practice writing down your anxious thoughts, reading them out loud, and sharing them with a trusted friend.

### PRAY

Talk to God when you feel alone, worried, and anxious. If you still feel anxious, remember that God is with you and cares for you, even if it doesn't seem like it.

- ❖ "Dear God, remind me that you are with me. Let me find comfort and peace from my anxious thoughts. Amen."

### MEMORIZE

Memorizing Scripture allows us to recall God's Word when we need to remember his truth.

—————ANXIETY—————

Cast all your anxiety on him  
because he cares for you.

**1 PETER 5:7**