



ADDITIONAL RESOURCES

Trending / Anxiety

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

OVERVIEW

Due to the complex and potentially heavy nature of this standalone message about anxiety, it's important to equip yourself, parents, and Small Group Leaders with additional resources to continue healthy conversations—even after

small group discussions end. Please share the resources mentioned below with parents and Small Group Leaders BEFORE you teach this message.

OVERVIEW

FOR MINISTRY LEADERS

- **Rethinking Youth Ministry Podcast Episode:** [What Can We Do About Student Anxiety As Youth Ministry Leaders?](#) (Publishing on 9/10/2019)
- **Communicator Guide Pro:** *Communicating To Students About Anxiety* (found in the "Prep And Planning" folder of your series download)

FOR SMALL GROUP LEADERS

- **Rethinking Youth Ministry Podcast Episode:** [What Can We Do About Student Anxiety As Youth Ministry Leaders?](#) (Publishing on 9/10/2019)
- **Conversation Guide:** *Anxiety Conversation Guide For Parents Of Middle Schoolers* (found in the "Parent Cue" folder of your series download) - NOTE: Although this resource is geared toward parents, SGLs may find it helpful as well.

FOR PARENTS

- **Parent Cue Blog Post:** [5 Simple Strategies to Help Teens Cope with Anxiety](#)
- **Parent Cue Podcast Episode:** [Helping Kids Cope With Anxiety](#)
- **Conversation Guide:** *Anxiety Conversation Guide For Parents Of High Schoolers* (found in the "Parent Cue" folder of your series download)
- **Teaching Audio:** Send parents the Teaching Audio for this message so they know exactly what you're going to say from stage ahead of time (found in the "Teaching" folder of your series download).