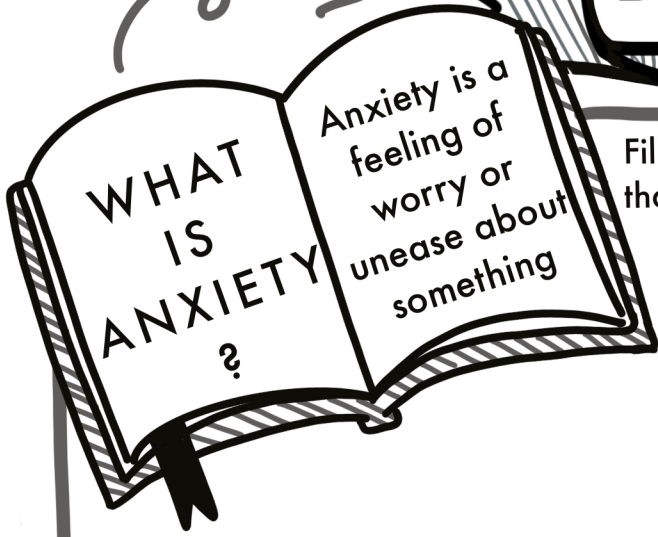
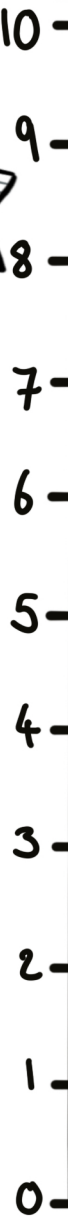
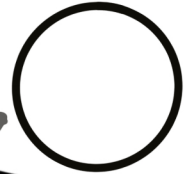


# HOW TO HELP: DEALING WITH ANXIETY

HOW ARE YOU DOING?

draw how you're feeling right now

on a scale of 1-10?



Fill this box with things that make you anxious

Come to me all you who are weary and burdened and I will give you rest.  
Matthew 11:28 (NIV)

God cares for us & wants us to rest & experience peace. How can you rest?

EG. TURN DEVICES OFF AFTER 8PM

ANXIETY IS NORMAL

Some level of worry and concern is normal. For example, it's totally normal to get nervous before an exam or speaking in public. Anxiety is a normal part of life but it's when it develops into repeatedly intrusive thoughts that affect our behaviour & our lives that it can become a problem. It can also be tiring to be anxious and can make us more emotional, less able to cope with (and enjoy) everyday life.

EVER HAD BURNT TOAST SET OFF THE FIRE ALARM?

Anxiety is like an emotional fire alarm that warns us of potential danger. However, sometimes our emotional fire alarm goes off when there's no real danger...a bit like burnt toast. When anxiety is set off by things that aren't a threat it can be a nuisance. It can affect us in all sorts of ways from not sleeping well to feeling nervous or losing our appetite amongst many other things!

BE KIND TO YOURSELF

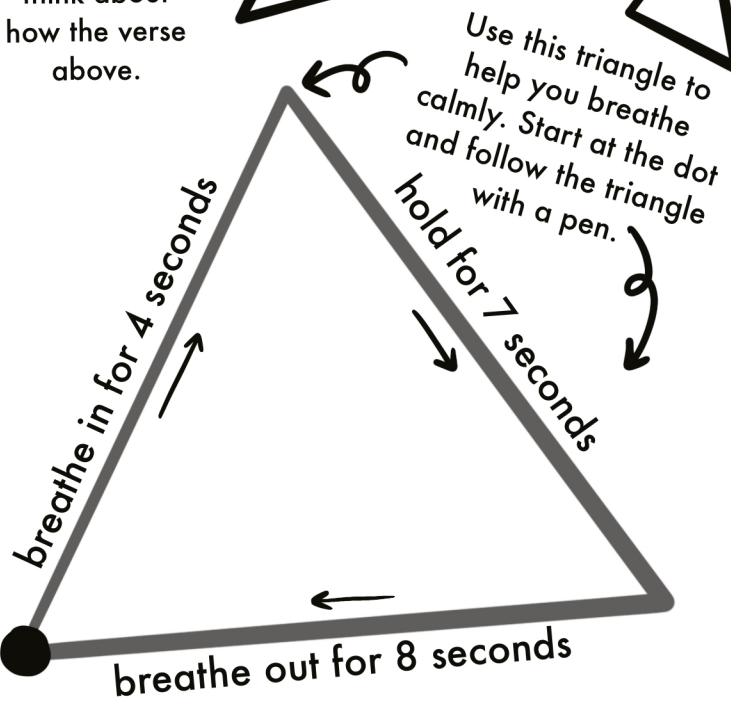
# HANDY TIPS

This page is full of handy activities for you to use.

Give your entire attention to what God is doing right now and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6:34 (MSG)

Focusing on the present helps massively!  
Spend some time colouring the shapes & think about how the verse above.



There's power in distracting ourselves and focusing on the present. Learn this technique to write or doodle things for each category, observing the world around you.

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste



It can help to get thoughts out of our heads onto paper. Anytime you feel anxious, write down your worries and thoughts in this jar. You might even want to pray to God and ask for him to help you too.



When we are anxious it can really help to talk to someone we trust about our worries

Don't be afraid to ask for help from a grown-up you trust if you feel like you are struggling