



10 Things I Tell Myself When Anxiety Overwhelms Me

1. I can't force others to make good choices
2. I am not responsible for the mistakes other people make, *even if it affects me.*
3. Taking (or not taking) certain actions will not necessarily change what happens.
4. I can't let fear rule my life.
5. Projecting my fears on others will not make me feel better.
6. Most things that happen around me are *out of my hands.*
7. God has been with me this far, and I know I need to trust He will continue to stay by my side.
8. No matter what happens tomorrow, *I have today.*
9. If today wasn't a good day, tomorrow can be better.
10. One day, God will make *all* the wrong things in the world right, even if it's not until after this earthly life is over.



Thought Calming Ideas

Level 1: Use your brain

- Think of a memorized scripture, poem, or song in your head
- Count or name things around the room
- Think through the steps of a common process
- Name all 50 states or think through a similar list

Level 2: Use your brain with small body movements

- Color a picture
- Say OUT LOUD your memorized scripture, poem, or song lyrics
- Rub aromatherapy lotion in your hands, close your eyes, and breathe in deeply for 5 minutes
- Put on an eye mask and listen to music while focusing on the lyrics or instruments
- Focus on deep breathing (like in yoga) for 5 min

Level 3: Use your brain with big body movements

- Exercise for at least 20 minutes: yoga, walking while listening to music, dancing, etc.
- If you can't exercise, try singing, clapping, or stomping along to a song