

Anxious For Nothing

What To Do When You Are Feeling Anxious (Part 2)

2. Practice short-term _____

- _____

1 Timothy 5:23 *Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often.*

- _____

- *Exercise, sleep, and eat right*

- *Daily* _____

1 Timothy 4:7-8 *Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*

Psalms 94:18-19 *When I said, 'My foot is slipping, your love, O LORD, supported me. When my anxiety was great within me, your consolation brought joy to my soul.*

3. Focus on the _____

Trigger #1: The Threat of _____

Solution: How many _____ and

_____ do I have?

Isaiah 41:10 *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

Psalms 145:17-20 *The LORD is righteous in all his ways and faithful in all he does. The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The LORD watches over all who love him, but all the wicked he will destroy.*

Resources

- https://www.livewellwithsharonmartin.com/gsm_quiz/perfectionist-quiz/
- Talk to a counselor
- Start journaling about what is making you feel anxious
- Visit www.drcloud.com – His youtube channel
- Spotify - The boundaries.me podcast