

MANAGING ANXIETY

Anxiety is natural, but it doesn't have to consume us. Our faith gives us strength.

Rather than catastrophizing, focus on what is working in your life.

"...we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope..."

Romans 5:3-5 (ESV)

"In this world you will have trouble. But take heart! I have overcome the world."

—Jesus, **John 16:33 (NIV)**

TOOL: Find and focus on the promises from God that encourage you.

TOOL: Practice gratitude. For every negative thought, think of three things you're grateful for.

Do you fear...

- **Failure?** It's an opportunity to improve. Learn from your mistakes and move forward.
- **Rejection?** You are accepted and adored by God. Persevere and doors will open.
- **Loneliness?** It's an opportunity to reach out to others and make new friendships.

