



Swapping Anxiety for Peace

- **Do not ignore it; recognize it early on and call it out.**
(physical, emotional, mental)
- **Pray! Talk to God and give that worry to the One who is Always in control.**
- **Support. Talk to a fellow believer about it.**
- **Get physically active. Emotion is energy. Burn that energy by getting up and doing something physical.**
- **Gratitude (what can you be thankful for in this moment?)**
- **Deep Breathing (slow inhale, hold it, slow exhale)**
- **Body Scan (pay attention to physical sensations in your body)**
- **5-4-3-2-1 Mindfulness Exercise**
(notice something in the current moment with your 5 senses.
Example: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.)



Read:

**2 Timothy 1:7, Joshua 1:9, Philippians 4:6, John 14:27, Psalms 55:22,
1 Peter 5:6-7, 2 Corinthians 12:9, John 16:33**

