

Anxiety Toolkit

Steady Course Ministries

1. Recognize Your Feelings

What are you feeling? Are you anxious because of the pain or are you in fear that the pain will occur or never stop? Do you feel:

- excessive worry
- restlessness
- irritability
- panic

2. Understand Your Body

Identify the sensations in your body that are a result of the anxiety. Fear or a perceived threat sets off the “fight or flight” response. This can become overactive in people with constant anxiety.

Recognize the feelings that your body is having.

- muscle tension
- sleep disturbance
- rapid heart rate
- gastrointestinal issues

3. Focus On Today

Anxiety starts to happen when we worry about tomorrow or about what happened yesterday. It is okay to make plans, but if you have pain take your life minute by minute if you must. The Bible gives us this instruction:

- Matthew 6:34 says, “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

4. Try Breathing & Relaxation Techniques

- **Box Breathing:** <https://youtu.be/tEmt1Znux58?si=mAPT6CdhZSnHxh-8>
- **Grounding Exercise:** <https://youtu.be/30VMIEmA114?si=mor6ACoB-sJb4DDN>

5. Redirect & Challenge Your Thoughts

What are you thinking about? Scripture gives us instruction on how to redirect our thoughts. Do your thoughts line up with the Word?

- Colossians 3:2 says, “Set your mind on things above; not on earthly things.”

- Philippians 4:8 says, “Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think on these things.”

6. Find Distractions

There are many distractions that will help you when you are anxious:

- Reading
- cuddling with pets
- drinking a cup of hot tea
- watching a movie
- Exercise
- journaling

7. Do Not Isolate

God created us for community. Don't feel like you have to carry this burden alone. Find a Godly friend or family member to help you through this. Have them pray for you.

8. 3 Critical Elements For Success: Praise, Prayer, & Scripture

Learning how to praise God through the storm is critical. Put on the “garment of praise for the spirit of heaviness” (Isaiah 61:3). Here are a couple of songs that I like:

- https://youtu.be/_9xhASFbizA?si=yoYEIE_P42huev1R
- <https://youtu.be/WHosmHnOrb8?si=oLB3RdiMthvYLUvX>
- <https://youtu.be/xC6YjpQSHBY?si=uShCAqj2XPyJf9x2>
- <https://youtu.be/H5xH9ZUTLsM?si=gBvgeliLMDI4YB1->
- <https://youtu.be/R6jFbP7Vnwl?si=8WDkUmPgRkdkT3j5>

Prayer is talking to God. It is not just about asking Him to help, it is also about how He changes our perspective in our situation. He is always with you and He hears your cries. The more you reach out to Him, the better your relationship with Him.

The Bible is our love letter from God. It is His Word. Read it, learn it, cling to it. Meditated upon it. Write it out and post it around your house so that you can see it. Pray it. It will speak life into your pain and anxiety.