



HELLO FRIEND!

I HOPE THESE TOOLS CAN SERVE TO HELP YOU MANAGE YOUR ANXIETY BETTER. KEEP IN MIND THAT THESE ARE JUST SUGGESTIONS. WHAT WORKS FOR ME MAY NOT ALL WORK FOR YOU. DIFFERENT SITUATIONS CALL FOR DIFFERENT SOLUTIONS. ENJOY!

*XOXO,
Ashley Groves*

Coffee

FIND SOMETHING THAT LIFTS YOUR SPIRITS. COFFEE DOES THAT FOR ME, BUT YOURS MAY BE TEA OR A PIECE OF CHOCOLATE. THE POINT IS TO FIND SOMETHING THAT CAN INSTANTLY LIFT YOUR MOOD, BRINGS YOU ENJOYMENT, AND CAN SOOTHE YOU.

Distracting Yourself

THIS CAN BE IN WHATEVER WAY SUITS YOU; MAYBE THAT IS READING A BOOK, PLAYING A GAME, OR WATCHING SOMETHING ON NETFLIX. IT WILL HELP YOU TO GET YOUR MIND OFF OF WHAT YOU'RE ANXIOUS ABOUT AND JUST ZONE OUT.

Quoting Scripture

BUILD UP A STOREHOUSE OF SCRIPTURES THAT YOU CAN EASILY REFER BACK TO WHEN NEEDED. SOME OF MY FAVORITES INCLUDE:

- **2 TIMOTHY 1:7** - "FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE AND OF A SOUND MIND."
- **HEBREWS 13:5** - "...I WILL NEVER LEAVE YOU NOR FORSAKE YOU."
- **JOSHUA 1:9** - "HAVE I NOT COMMANDED YOU? BE STRONG AND OF GOOD COURAGE; DO NOT BE AFRAID, NOR BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO."

Reading Christian Books

READING CAN HELP YOU GET YOUR FOCUS OFF OF THE ANXIETY AND ONTO SOMETHING POSITIVE! HERE ARE A FEW SUGGESTIONS:

- **THE BOOK OF PSALMS FROM THE BIBLE** - THE PSALMS IS A COLLECTION OF PRAYERS, POEMS, AND HYMNS. I FIND SUCH COMFORT READING THESE AS THEY ARE USUALLY WRITTEN FROM THE HEART OF THE AUTHOR.
- **STRONGER THAN THE STRUGGLE BY HAVILAH CUNNINGTON** - SHE GIVES YOU A DEEPER LOOK INTO WHAT SPIRITUAL WARFARE IS AND HOW WE, AS CHRISTIANS, HAVE THE POWER TO DEFEAT THE DEVIL AND WIN EVERY SINGLE TIME.
- **THE AUTHOR KAREN KINGSBURY.**

Listening to Christian Music

CHRISTIAN MUSIC IS A GREAT WAY TO CONNECT WITH THE LORD AND HEAR HIM SPEAK TO YOU. IF YOU NEED SOME UPLIFTING MUSIC, CHECK OUT MY ANXIETY PLAYLIST BELOW:

PEACE BE STILL – THE BELONGING CO, LAUREN DAIGLE

LIGHT OF THE WORLD – LAUREN DAIGLE

NOT TODAY – HILLSONG UNITED

SO WILL I (100 BILLION X) – HILLSONG UNITED

FEAR IS A LIAR – ZACH WILLIAMS

YOU'RE GONNA BE OK – JENN JOHNSON, BRIAN JOHNSON

RECKLESS LOVE – CORY ASBURY

TREMBLE – MOSAIC MSC

IT IS WELL – LAUREN DAIGLE

TRUST IN YOU – LAUREN DAIGLE

Making up Dance Moves

DANCING TO THE ABOVE WORSHIP MUSIC AND MAKING UP YOUR OWN DANCE MOVES WILL PUT YOU IN A BETTER MOOD. IT SOUNDS SO SILLY, BUT IT WILL GET YOUR HEART RATE UP AND MAKE YOU HAPPY.

Being Vulnerable with Friends

FINDING A GROUP OF FRIENDS THAT YOU TRUST CAN BE EXTREMELY BENEFICIAL TO YOU FOR PROCESSING YOUR FEELINGS AROUND ANXIETY. SPECIFICALLY, ASKING THEM FOR PRAYER WHEN YOU NEED IT AS IT IS SO ENCOURAGING KNOWING THAT SOMEBODY ELSE IS INTERCEDING ON YOUR BEHALF.

Making a List

MAKING A LIST CAN GIVE YOU A SENSE OF CONTROL WHEN EVERYTHING ELSE SEEMS TO BE UNCONTROLLABLE. SPEND A FEW MINUTES JOTTING DOWN EVERYTHING THAT YOU WANT AND NEED TO GET DONE AND THEN I PRIORITIZE THEM. IF YOU HAVE A LONG LIST, YOU CAN DIVVY THE TASKS UP INTO DIFFERENT DAYS. IF IT IS ON THE SHORTER SIDE, I SUGGEST NUMBERING THE TASKS IN THE ORDER YOU WANT TO ACCOMPLISH THEM. THIS WILL HELP YOU KNOW EXACTLY WHAT YOU NEED TO DO IN THAT MOMENT.

Foot Soak or Taking a Bath

THERE IS JUST SOMETHING ABOUT SOAKING IN HOT WATER THAT IS SO RELAXING. GRAB SOME BUBBLE BATH AND PAIR YOUR SOAK WITH A GOOD NOVEL, YOUR BIBLE, PRAYER, OR DOING A BIBLE STUDY FROM THE BIBLE APP.

Physical Exercise

ANY MOVEMENT IS GOOD MOVEMENT! FIND SOMETHING THAT YOU ENJOY DOING, WHETHER THAT IS DOING AN OUTSIDE ACTIVITY, GOING TO THE GYM, OR FINDING A WORKOUT VIDEO ONLINE. INCREASING THOSE ENDORPHINS WILL MAKE YOU HAPPIER OVERALL. CHECK OUT BARRE3 WORKOUTS ON YOUTUBE IF YOU NEED SOME IDEAS.

Breathing Exercises

MAKE SURE YOU ARE BELLY BREATHING, MEANING YOUR BELLY IS MOVING OUT WHEN YOU INHALE INSTEAD OF YOUR SHOULDERS MOVING UP. IT HELPS TO LAY DOWN AND BREATHE IF THIS IS A NEW CONCEPT FOR YOU. ONE COMMON BREATHING EXERCISE YOU CAN DO IS TO BREATHE IN FOR 4 COUNTS AND THEN BREATHE OUT FOR 4 COUNTS. YOU CAN ALSO ADD A 4 COUNT HOLD AT THE TOP OF THE INHALE AND AT THE BOTTOM OF THE EXHALE.

Acupuncture

ACUPUNCTURE CAN HELP SO MANY DIFFERENT PHYSICAL AILMENTS, INCLUDING ANXIETY, MENSTRUAL CRAMPS/FLOW, AND HEADACHES. IF NOTHING ELSE, IT IS AT LEAST A CHUNK OF TIME DEDICATED COMPLETELY TO YOU RELAXING. IF NEEDLES AREN'T YOUR THING, TRY GETTING A MASSAGE FOR THE RELAXING BENEFITS. ALSO, YOUR INSURANCE MAY HELP PAY FOR THESE TREATMENTS! IF YOU'RE IN THE PORTLAND AREA, CHECK OUT ALL WAYS WELL LLC.

Therapy

TALKING WITH A THIRD PARTY CAN REALLY HELP YOU PROCESS YOUR FEELINGS AND DEVELOP CONCRETE STEPS THAT YOU CAN TAKE TO MOVE FORWARD. IF YOU'RE IN UTAH, CHECK OUT JESSICA ALLRED ON [PSYCHOLOGYTODAY.COM](https://www.psychologytoday.com) AND IF YOU'RE IN PORTLAND, I'D RECOMMEND FAMILY TIES COUNSELING.

Medication

MEDICATION CAN BE A LIFESAVER FOR MANY PEOPLE. TALK TO YOU DOCTOR ABOUT THE PROS AND CONS OF TAKING THIS IF YOU THINK IT COULD HELP.

Add your own Suggestions