

ANXIETY RESOURCES

*Podcast “How Do I Overcome Anxiety and Depression?” – TGC [Listen Here](#)

Podcasts – Care Ministries – Find episodes [HERE](#)

Article of Savoring – Heather Holleman [HERE](#)

Breath as Prayer: Calm Your Anxiety, Focus Your Mind, and Renew Your Soul – Jennifer Tucker [HERE](#)

Rest for Your Soul – Wendy Blight [HERE](#)

Fearless – Max Lucado [HERE](#)

Unshakeable Hope – Max Lucado [HERE](#)

Less Fret More Faith An 11 Week Action Plan to Overcome Anxiety – Max Lucado [HERE](#)

Switch on Your Brain – Dr. Caroline Leaf – neuroplasticity and the science of thinking [HERE](#)

When Faith Meets Therapy – Anthony Evans [HERE](#)

The Anxiety Opportunity: How Worry is the Doorway to Your Best Self – Curtis Chang [HERE](#)

Worry-Free Parent: - Living in Confidence So Your Kids Can Too - Sissy Goff [HERE](#)

Listen to Podcast [HERE](#)

More podcast episodes from Family Life [HERE](#)

You Can Trust – Devotions for Pre-teen Boys [HERE](#)

You Can Rest – Devotions for Pre-teen Girls [HERE](#)

Managing Your Emojis – Devotions for Pre-teen Girls and Boys [HERE](#)

Verses

- Phil 4:6-9
- Matt. 6:25-34
- Luke 22:39-46
- Isaiah 26:3
- Psalm 55:22
- 2 Corinthians 10:5
- Hebrews 4:16
- Ecc 3:11-12
- I Peter 5:7
- John 16:33

Tools to use

- Go for a walk
- Take a shower
- Find a Christian counselor
- Medication
- Grounding
 - 5 things you see – be specific – color/shapes
 - 4 things you can touch – hard/smooth/rough
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
- Breathing – hands on chest and abdomen
- Breath prayers
- Quoting Scripture
- Journal
- Listen to calming music (instrumental)
- Listen to a reading of the Bible – James Earl Jones [HERE](#)
- Barefoot on the ground
- Don't let thoughts take root