

DEALING WITH ANXIETY AND LIVING LIFE BETTER

This is a summary of practical steps to help you handle anxiety effectively and enjoy life more. There is a range of negative feelings that affect all of us, and these steps will help you quiet the noise, use tension positively, worry less, lower your stress, and deal with anxiety. Use the link at the bottom to learn more.

Ignore noise and busyness and take next right steps to live intentionally.

Select What Is Next

Pick one project and work on that task while contentedly letting other things wait. Ignore any distractions and have peace by focusing on one thing at a time and doing it well.

Determine What is Right

Focus on important projects versus any that seem urgent but are less critical. When choices offer a right versus wrong answer, pick what's right and move on.

Keep Taking Small Steps

You can transform your life by taking small steps. This orients you toward positive action and creates momentum, and you'll feel less anxiety in the process.

Deal with tension by examining your heart and changing your perspective.

Identify Your Point of View

Think about your worldview or how you look at life. Build a more positive point of view by choosing good values and aspirational goals to guide your choices and outlook.

Reframe Your Perspective

Resilience is like a muscle that gets stronger when stretched. Use tension as an opportunity to adopt a positive perspective when faced with challenges or changes.

Adjust Your Mindset

Your set point is your wellness baseline you return to after emotional experiences. Learn to adjust it like a thermostat to lower ongoing tension you feel.

Release your worry by searching your soul for the wisdom to let go.

Accept Life With Serenity

You may think you control other people, circumstances, and future outcomes but you don't. Find more peace by releasing that fixation and choosing to let those things go.

Summon Courage to Change

You do control the choices you make. When you face a tough choice, summon the courage to just do it, which is less stressful because it's the right thing to do.

Discern the Wisdom to Know

God will help guide us in tough decisions if we ask him for help. We don't have to know all the answers, and we can find wisdom when we surrender to him in faith.

Use stress as a positive by managing your mind to change how you think.

Pause to Note Stressors

A "stressor" is a situation or emotion that causes anxiety. Your first step in limiting stress is to notice these triggers early and interrupt those harmful thoughts right away.

Evaluate the Situation

By identifying a stressor, you take away its control of your thinking. Use your mind to assess the source of stress to understand why it is affecting you negatively.

Choose What to Do

Then, make a conscious choice on what to do—or not do—next. Build a regular habit to "Pause, Evaluate, and Choose" to train your brain to deal with stress thoughtfully.

Surrender your anxiety and find strength by getting help from others.

Admit Your Weakness

Admitting our weaknesses is the first step to getting better. It takes strength to say you're hurting, and healing begins the moment you admit that you need help.

Seek and Accept Help

Talking to someone about our problems and utilizing helpful resources bring relief. Even deeper peace comes when you surrender your weakness humbly to God.

Use Your New Strength

When we in faith declare our dependence on God, he shares his power with us. We can feel less anxiety and thrive because we have a positive assurance to lean on.



WANT MORE GUIDANCE FOR
**DEALING WITH ANXIETY
AND LIVING LIFE BETTER?**

Check out these short videos and easy-to-use techniques for more help handling the noise, tension, worry, stress, and anxiety in your life.