

A TEACHER'S GUIDE TO MANAGING ANXIETY



CALMING TOOLS

BREATH PRAYER: SLOWLY INHALE AND SAY, "LORD, YOU ARE MY PEACE." EXHALE AND SAY, "I TRUST IN YOU." REPEAT UNTIL CALM.
GRATITUDE PRACTICE: LIST THREE BLESSINGS FROM TODAY, NO MATTER HOW SMALL. GRATITUDE REDIRECTS YOUR MIND TO GOD'S GOODNESS.
SCRIPTURE MEMORIZATION: MEDITATE ON ONE OF THE ABOVE VERSES. REPEAT IT ALOUD OR IN YOUR HEART DURING MOMENTS OF FEAR.
WORSHIP SONGS: PLAY A CALMING WORSHIP SONG THAT REMINDS YOU OF GOD'S PRESENCE (E.G., "IT IS WELL," "STILL," OR "OCEANS").

STEPS TO NAVIGATE ANXIETY ATTACK

- **Pause & Pray:** Whisper a short prayer like, "Jesus, help me. Be my peace."
- **Ground Yourself:** Use the 5-4-3-2-1 method (name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste).
- **Take Deep Breaths:** Count to 4 as you inhale, hold for 4, exhale for 4. Repeat until your heart rate slows.
- **Refocus:** Remind yourself, "God is my refuge and strength, an ever-present help in trouble" (Psalm 46:1).
- **Reach Out:** Talk to a trusted friend, pastor, or counselor for prayer and encouragement.



NUTRITIONAL TIPS

- Prioritize protein at meals to stabilize energy and mood.
- Eat the least amount of processed foods possible.
- Avoid refined sugars that can cause energy crashes.
- Focus on organic vegetables and drink plenty of water.
- Try warm lemon water to soothe and calm your system.
- Carry Himalayan or Celtic coarse salt with you. During an anxiety attack, suck on 3-4 small rocks—the minerals can help balance your body quickly.



PRAYERFUL MOTIVATION

- **You are never alone:** God is with you every step of the way (Deuteronomy 31:8).
- **You are deeply loved:** Nothing can separate you from His love (Romans 8:38-39).
- **Your faith is a shield:** Trust in God's promises to carry you through (Ephesians 6:16).
- **This moment will pass:** God's mercies are new every morning (Lamentations 3:22-23).

BIBLE VERSES

- **Philippians 4:6-7**
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- **Isaiah 41:10**
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- **1 Peter 5:7**
Cast all your anxiety on Him because He cares for you.

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