

# Practical Ways I Deal with Anxiety

- Accept that I am feeling anxious. It's ok to be anxious. Observe it without emotion and let it slip into the background, as if it was just a little bit behind me.
- Release any high expectations that I have for this future event. I realize that there will be problems and that I will deal with them as they occur.
- I eat and drink enough. My blood sugar gets low when I am anxious, so I frequently carry a snack and a water bottle with me.
- Sing out loud and strong, or if I can't do that; Talk a lot, or if I can't do that; Breathe out slowly.
- Distract myself with a podcast, book, or TV show. Try to make it funny and light.
- Be present in this very moment. Think to yourself, "Right now, everything is fine. I'm okay."
- Pray! Ask God to be with me. Remind myself that he does not want me to be anxious. He will take care of me. (1 Peter 5:7, Matthew 6:25-34, Psalm 55:22.
- Do what I can, and God will do what I can't. If I have done all I can to plan ahead and make this event as positive as I can, then realize that I've done my best and that's it.
- Remind myself that I have gotten through
- harder things, and if I could do that, then I can do this.
- Remember, most importantly, and no matter what, God loves me.

LIFE DOESN'T

HAVE TO BE

PERFECT

TO BE BEAUTIFUL