

Check Your Gauges:

How are you doing in each area?

What is one thing you can do this week to better care for your whole self?

Mental-Health



Physical-Health



Spiritual-Health



Relational-Health



When you are feeling anxious, you can do three things:

1. Observe

a. Identify the symptoms:

b. Do a breath exercise with a scripture:

Psalm 23:1-3

Breath in: The LORD is my shepherd; I shall not want.

Breath out: He makes me lie down in green pastures.

Breath in: He leads me beside still waters.

Breath out: He restores my soul.

2. Name

a. In my anxiety, is there something I am believing that I must do or be that Jesus has already done or is?

b. Jesus, I am believing that I must _____, but you are _____. Therefore, I will trust in you.

3. Displace

Displace it with confession and prayer.

