

WHAT TO DO WHEN FEAR & ANXIETY OVERWHELM YOU

There are 15 things that you can do to lessen the impact of fear & anxiety

1. **DETERMINE** if the situation is real and there is a high probability that you are at risk. If you aren't at risk, use self talk to reassure yourself that you are not and are OK.
2. **ASSESS** the risk of the reason for the fear and anxiety and determine if there is a need to take action (change location, stay indoors, alter schedule, etc.)
3. **LIMIT** the amount of time you spend watching/reading/listening to the news that is upsetting and stoking the fears and anxiety.
4. **SHARE** your feelings with a trusted family/friend who can provide objectivity and support.
5. **COMMUNICATE** only with someone who does not heighten your fears and anxiety. The sharing of the negative emotions and energy will only feed the fire of fear.
6. **FIND:** solace in your relationship with the Lord by spending time in His word (Psalm), constantly praising Him for his love, worshipping through music and messages.
7. **IDENTIFY** those things in your life which are stable and positive (God's grace, Jesus' love, Holy Spirit's guidance, health, loved ones, basic needs, shelter, citizenship in America).
8. **WATCH/READ/LISTEN** to positive material-things that are of interest to you-things that create curiosity, music that relaxes, pictures that bring joy and happiness.
9. **REDIRECT THOUGHTS** to some memories of your favorite times. Try to recall as much sensory information (sights, sounds, tastes, smells, touches) of the memory as you can.
10. **RELAX** and practice relaxation techniques (deep breathing, Yoga, muscle tense-relax).
11. **EXERCISE** strenuously as it relieves the stress (lactic acid) built up in your body and provides oxygen to the brain.

12. **DON'T** sit and allow yourself to dwell on the fear and anxiety. Get up and do something (cook, clean, play a movie, play a game, go for a walk, work on your hobby).
13. **THINK** of the different worst case scenario(s) and the probability of them happening, then think of the best-case scenarios and the probability of them happening, then think of the most likely scenario(s) and the fact they are the ones that will most likely occur.
14. **EXISTING WORRIES** are not to be added to the new fears & anxiety which compounds it.
15. **SEEK** professional help if the fear/anxiety is debilitating and interferes with daily activity.