



WHEN ANXIETY SPEAKS: RESPOND DIFFERENTLY

Theme for May: Management

The Goal: To learn how to recognize anxiety patterns and develop healthier ways of thinking, feeling, and responding.

Anxiety: A feeling of worry, nervousness, or unease about something with an uncertain outcome.

Reflection: How does anxiety show up in your life?

1. WHEN ANXIETY TAKES OVER (MATTHEW 6:27)

Anxiousness means I'm waiting on my life to break, keeping you stuck in a cycle of fear and anticipation.

Reflection: Where have I allowed fear to shape how I see my current situation?

- Anxiety is the fruit of fear
- Fear shows up when faith decreases

2. WHEN MISPLACED FAITH FUELS ANXIETY (1 PETER 5:7)

You lose faith when you put your faith in something that hasn't been proven which produces fear.

Reflection: Could the source of your fear be misplaced trust rather than your situation?

- You believe because you can't God can't
- Has God not proven himself to you?



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3. SURRENDER: RELEASING ANXIETY (1 PETER 5:7)

“Cast all your anxiety on him because he cares for you.”

Managing yourself well also requires surrendering. Anxiety grows when you try to carry what you were never meant to hold.

Truth:

- ◇ Surrender is releasing the weight of anxiety instead of carrying it internally
- ◇ It is trusting that God cares enough to handle what overwhelms you
- ◇ You cannot manage peace while holding onto anxiety at the same time
- ◇ What you release, you no longer have to carry alone

Closing

It's important to find peace. Peace doesn't stop life from happening, but it keeps life from shaking you. When peace is present, anxiety loses its power, and challenges shift from threats into opportunities for growth and overcoming.

Two Paths. One Goal. *Your Well-Being.*

Therapists and spiritual guides support you in different ways so you can heal, grow, and live with purpose.



WHAT THERAPISTS ASSIST WITH

Therapists provide professional, evidence-based support for your mental, emotional, and behavioral health.



Understand Your Thoughts and Emotions

Gain insight into patterns, triggers, and behaviors that impact your mental well-being.



Manage Mental Health Challenges

Support for anxiety, depression, stress, PTSD, trauma, grief, and other emotional concerns.



Improve Relationships

Learn communication skills, set healthy boundaries, and build stronger connections.



Build Coping Skills

Develop practical tools to handle life's challenges, improve resilience, and regulate emotions.



Create Change and Reach Goals

Work through obstacles, heal from the past, and move toward a healthier, more fulfilling life.



Evidence-Based Support

Therapists use training, research, and clinical tools to support your growth and healing.



WHAT SPIRITUAL GUIDANCE PROVIDES

Spiritual guidance offers heart-centered support for your soul, purpose, and life's deeper meaning.



Find Purpose and Meaning

Explore your values, life purpose, and what truly matters to you.



Deepen Spiritual Connection

Strengthen your relationship with your higher self, a higher power, the Divine, or the Universe.



Navigate Life Transitions

Receive guidance and clarity during times of change, loss, uncertainty, or growth.



Gain Perspective and Insight

Receive intuitive wisdom, spiritual perspective, and new ways of seeing your journey.



Cultivate Inner Peace

Develop practices that nurture your soul—mindfulness, prayer, meditation, reflection, and more.



Align with Your True Self

Support in living authentically, in alignment with your soul's calling and highest good.

Together, They Support You

Therapy supports your mental and emotional healing.
Spiritual guidance supports your soul and sense of meaning.

*Both paths can work together
to help you become your best self.*

Remember:

- ♥ There is no right or wrong path—only what feels right for you.
- ♥ You can benefit from both therapy and spiritual guidance.
- ♥ You deserve support, clarity, and peace.

*You matter.
You are not
alone.*

Seek support. ♥

Find balance. ♥

Live with purpose. ♥

When to Seek a Therapist

You deserve support. 

*Therapy isn't just for crisis—
it's for growth, healing, and living a healthier life.*

YOU MIGHT CONSIDER THERAPY IF YOU:



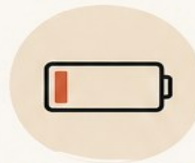
Feel overwhelmed often

Stress, worry, or anxiety that feels hard to manage.



Feel persistently sad or hopeless

Low mood, loss of interest, or a sense of emptiness that lingers.



Are constantly exhausted

Emotionally, mentally, or physically drained most days.



Are struggling in relationships

Conflict, setting boundaries, or feeling disconnected from others.



Have low self-esteem or self-criticism

Negative self-talk or feeling like you're never "enough."



Are going through a big life change

Transitions, loss, breakups, grief, or major life decisions.



Have difficulty coping

Using unhealthy habits (e.g., isolation, overeating, substance use) to cope.



Just don't feel like yourself

You don't need to have it all figured out to reach out.



THERAPY CAN HELP YOU:

- ✓ Understand your thoughts and emotions
- ✓ Build healthy coping skills
- ✓ Improve relationships
- ✓ Increase self-awareness and confidence
- ✓ Create a more meaningful, balanced life



Asking for help is a sign of strength, *not weakness.*

You don't have to go through it alone.



Reaching out is the first step.

A therapist can walk alongside you as you heal, grow, and thrive.



YOUR MENTAL HEALTH MATTERS.

You are worth it. 