

# WHAT SHOULD I DO WHEN I FEEL ANXIOUS?

LIFE IS UNPREDICTABLE—full of curveballs, blindsides, sneaky opponents and seemingly insurmountable obstacles. If you don't experience feelings of anxiety sometimes, you're not paying attention. The problem comes when those feelings won't go away, and anxiety becomes a state of mind.



## FURTHER YOUR THINKING

Here are a few things to keep in mind when you struggle with anxiety:

### YOU DON'T HAVE TO BE PERFECT

Trying to be perfect will likely result in anxiety. **Only Jesus is perfect.** So you just be you.

### DON'T FEEL GUILTY ABOUT HAVING ANXIETY

Instead, **ask God** to help you through whatever is making you anxious.

### DIG INTO THE BIBLE

**Check out** Proverbs 3:5; Isaiah 26:3; Philippians 4:6–7; and 1 Peter 5:7.

### NO ONE CAN DO EVERYTHING

As much as possible, **try to prioritize your life.** Spend your time and energy on things that really matter. Schedule time for self-care. Make sure your health—mentally, spiritually, physically—is a priority.



If you experience frequent or intense panic attacks or if your anxiety is something that is affecting your daily life, talk to a trusted adult. You may need a professional to help to equip you to handle your anxiety.



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