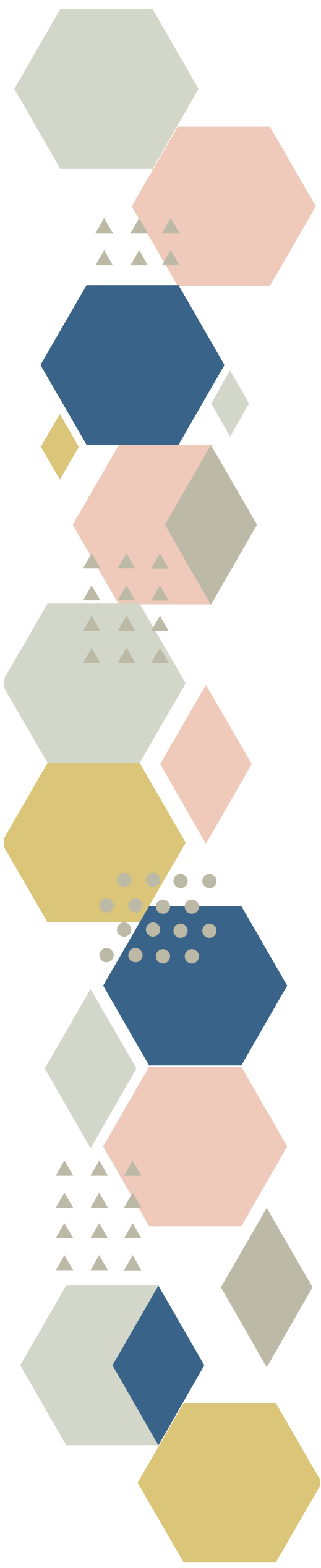


# 6 keys to fighting fear & anxiety



Develop your **RELATIONSHIP** and **INTIMACY** with God: make time to read, worship and pray. We fight anxiety by focusing on who God is and by giving Him our honest cares.

**GUARD YOUR GATES:** carefully consider what are you watching and listening to. Turn off the news!

**DEVELOP A ROUTINE:** You've lost your routine, so start a new morning, lunch and end of work day routine. Consistency brings comfort.

**COMMUNITY:** Join a small group. We can and will get through this...TOGETHER!

**JOURNAL** your thoughts and fears then cover them w/Scripture truths.

**REST** as much as you need to. Take time to recharge, breathe and enjoy some sunshine when you need it.