

5 TIPS TO HELP MANAGE ANXIETY



Be Self-Compassionate

Place your hand on your heart. Slowly breathe in and hold for a count of three. Repeat several times.

This self-soothing techniques is similar to someone giving you a hug and is extremely calming.



Stay Connected to Others

Many counselors and groups are offering FREE services to provide support during this difficult time.

Ladies, join me for FREE Zoom chats. We'll connect, share, and pray. If you'd like to join us just email me at tammy.kennington@gmail.com.



Give Something Back

Helping others reduces stress, anxiety, and depression. Despite social-distancing or shelter-in-place orders, there are ways we can support other people.

Some of us can pick up medications for elderly neighbors, sew masks for medical workers, or have pizza delivered for the single mom next door. The ideas are endless!



Care for your Physical Needs

Get outdoors for a boost of sunshine and Vitamin D, exercise, and eat well.

- Club Pilates is currently airing free, live workouts on its Facebook page. <https://www.facebook.com/pg/clubpilates/>
- 30-day FREE membership with Davina McCall <https://ownyourgoalsdavina.com/>

Keep Your Eyes on Jesus

If watching the news makes your pulse quicken, limit your intake. Fill your heart with words from scripture and meditate on the truth of God's word.

Pray and meditate on the hope we have in Him-regardless of what we see or feel.

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:16-18



To sign up for a monthly message from Restoring Hope or join us for a Zoom Chat-and-Pray, sign up at www.tammykennington.com or get in touch at tammy.kennington@gmail.com.