



THE FIVE P'S OF ANXIETY

I created a catchy way to control anxiety, and no longer be controlled by it. Anxiety works for you!

God reminds us in his word to be anxious for nothing (Philippians 4:6)

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- Anxiety serves a PURPOSE. When anxiety comes, what is it there to do
 - Anxiety shows up to PREPARE. This is useful for test, interviews, speaking engagements, etc.
 - Anxiety shows up to PROTECT. This is fight or flight ONLY. When you are eminent danger, anxiety shows up to save your life.
 - Anxiety shows up to PROVIDE. Provision requires use of tools. Tools include, prayer, reality testing, mindfulness, etc. use these tools when you first recognize you are becoming anxious.
 - Lastly and most importantly, wrap it up in PRAYER. No matter the purpose, God is in control and you can give it to him in prayer.
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