



- **Summary:**
It's 100% normal to feel scared and anxious when facing a significant problem or crisis. Worry comes easy! Training your mind to let go of it is not be as simple as flipping on a light switch, but it will happen as you practice these techniques and as you let God take over.
- Remind yourself to look down at your feet standing firmly on **YOUR TODAY STEPPINGSTONE** – the one God provided. Choose to live intentionally in the moment and actively seek and remind yourself that there are wonderful things happening around you and you need to look for them.
- Lastly, don't hesitate to seek professional help. There's no shame in that. Neither this website nor the materials provided here are intended to diagnose or treat psychological problems. If you're suffering with depression or anxiety, please reach out to your family doctor, pastor, therapist or visit an urgent care center or hospital E.R.
- Email: DoctorGreg411@gmail.com