



Practice Mindfulness and Gratitude

In a world full of noise and distractions, mindfulness anchors your soul and gratitude awakens your spirit. Mindfulness is simply being fully present—aware of God's presence, your breath, your thoughts, and the moment you're in. It calms anxiety and invites clarity. Gratitude shifts your focus from what's missing to what's already a blessing.

Start each day by pausing for a few quiet moments. Breathe deeply. Whisper, "Thank You, Lord." Notice His goodness in small things—a sunrise, a kind word, or the strength to keep going. Write down three blessings daily. Over time, this simple habit renews your mind, improves emotional balance, and deepens your walk with God.

"In everything give thanks..." — 1 Thessalonians 5:18

When you practice mindfulness and gratitude, you're not just surviving—you're sowing peace and joy into your soul. Slow down. Breathe. Give thanks. God is here—and that changes everything.

Restored to Purpose — Reborn with Vision

You were never meant to live in pieces. What was broken can be restored. What was lost can be found. At Vision Reborn, we believe that healing is not the end—it's the beginning.

God restores not just for comfort, but for calling. He takes what life shattered and breathes new life into it—reviving dreams, renewing hope, and reawakening purpose. Being *reborn with vision* means seeing your life through the eyes of destiny and divine design.

You are not forgotten. You are not disqualified. You are being *restored to purpose*—refined by grace, realigned with truth, and reignited by vision.

This is your time to rise, not as who you were, but as who you were always meant to be. Let the restoration begin. Let the vision come alive. Welcome to a place where your past no longer defines you—Vision Reborn.

Our Mission

Restored to Purpose, Reborn with Vision

Our Vision

To be a beacon of hope and renewal, fostering a world where individuals experience deep healing, spiritual transformation, and the fulfillment of their God-given potential—empowered to live with purpose, faith, and wholeness.



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Overcoming Anxiety Peace Through God's Presence

*Cast all your anxiety on Him because He cares for you.
1 Peter 5:7*

Anxiety is not a sin—it is a signal. It tells us that we are trying to carry something we were never meant to bear alone. If you're reading this, know this truth: God sees you, God hears you, and God cares for you.

You are not broken beyond repair. You are not weak because you feel overwhelmed. Even the strongest people have anxious moments. But you were not created to stay in that place. God offers you more than survival—He offers supernatural peace that anchors the soul.

Before I formed you in the womb I knew you, before you were born I set you apart". Jeremiah 1:5

**You Are Not Being Defeated
You Are being Developed**

What is Anxiety

Anxiety is commonly defined as a feeling of worry, nervousness, or unease—often about an event or situation with an uncertain outcome. It is a normal and even useful response in certain moments of stress, acting as an internal signal that something needs your attention. In small amounts, anxiety can motivate you to prepare, solve problems, or avoid danger.

But when anxiety becomes excessive, persistent, and begins to interfere with daily activities, it shifts from being helpful to becoming harmful. It clouds your thinking, disturbs your sleep, and steals your peace. It may feel like your mind is racing ahead into a future you can't control, while your heart is sinking beneath a weight you were never meant to carry.

Signs and Symptoms of Anxiety

- Feeling tense, nervous, or
- unable to relax
- Having a sense of dread or
- fearing the worst
- Feeling like the world is
- speeding up or slowing down
- Feeling like others can see
- you're anxious
- Sweating, trembling, or shaking
- Elevated heart rate
- Trouble concentrating or making decisions
- Experiencing nausea or abdominal distress
- Trouble sleeping
- Panic attacks

At Vision Reborn, you don't just find healing you discover your identity, and purpose



Biological Factors

Hormonal Changes

When you're stressed, your body will release fight-or-flight hormones, which can make you feel more anxious. In women, hormonal changes during menstrual cycles, pregnancy, and menopause can impact and increase anxiety levels due to the rapid hormone fluctuations.

Substance Use

Using certain substances like alcohol, caffeine, and drugs can mimic anxiety and increase the anxiety symptoms you already have. With that said, if you decide to stop the use of these substances, it must be with caution because withdrawal may cause anxiety as well

Brain Chemistry

When certain chemicals in your brain, like serotonin (happy & calm hormone), dopamine (motivation & reward hormone), and cortisol (stress hormone), are out of balance, it can affect how you feel and make you more anxious

Psychological Factors

Personality Traits

- **More Pessimistic than Optimistic:** A tendency to assume the worst for any given situation.
- **Low Self-Esteem:** A lack of confidence can contribute to feelings of anxiety.
- **Perfectionism and Control:** People who strive for perfection or need to be in control are often more prone to anxiety.

Early Life Experiences

Childhood experiences such as abuse or neglect can lead to long-term anxiety. Or growing up in a highly critical or controlling environment can foster anxiety

Stressful Life Events

Life changes such as the loss of a loved one, divorce, or job loss can trigger anxiety. Or ongoing difficult situations, like financial problems or work-related stress, may lead to chronic anxiety.

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Learned Behaviors

- **Modeling:** Observing and mimicking anxious behavior from parents or caregivers.
- **Response to Stressors:** Learning to respond to stressors in an anxious manner from those around you.

Environmental Factors

Work Environment:

- **Job Stress:** High levels of stress, job insecurity, or conflict with colleagues can be significant sources of anxiety.
- **Work-Life Balance:** An unhealthy work-life balance and a lack of control over work-related decisions can increase stress.
- **Finances:** Financial difficulties and uncertainty can create significant stress and anxiety.

Social Environment

Having strained relationships or a lack of support can contribute to feelings of isolation and anxiety. Loneliness can also exacerbate anxiety symptoms.

Solutions

Exercise and Physical Activity: Regular exercise is a super powerful way to combat stress and anxiety, naturally balance the happy hormones in your brain, and it's one of my favorite ways to be proactive about anxiety!

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Sleep & Anxiety: Quality sleep is vital for maintaining both physical and mental health, especially when dealing with anxiety. However, anxiety can often make it hard to fall asleep or stay asleep, creating a vicious cycle where lack of sleep increases anxiety and anxiety makes it harder to sleep. Understanding and practicing good sleep hygiene can help break this cycle and promote better sleep.

Creating a Peaceful Environment: Creating a peaceful home environment can significantly impact your mental health and reduce anxiety. A tidy, well-organized, and thoughtfully decorated space can increase calmness and a sense of well-being. Here, we'll discuss some of my favorite strategies to transform your home into your place of peace.

Social Media: Social media can be a double-edged sword when it comes to mental health. While it is an incredible opportunity for connection and learning, it can also lead to stress and anxiety if not managed carefully. Your social media feed should uplift and inspire you, not tear you down like it so commonly does.