



ANXIETY EXERCISES

SENSORY EXERCISES:

Leaning into the wonders of creation when we are anxious, afraid, or in pain can draw us into the Presence of God, distracting us from our circumstances and emotions.

1. 5-4-3-2-1:

When you feel anxious or overwhelmed, thank God for:

- **5 Things You Can See** (Look for small details, like an interesting pattern on the floor, sunlight glinting off of a tabletop, or a framed photo you haven't noticed for awhile.)
- **4 Things You Can Feel** (Notice the physical qualities of the clothes you're wearing, the chair you're sitting in, an object in your hand.)
- **3 Things You Can Hear** (Listen for the hum of an appliance, leaves rustling in the breeze, birds singing, or the sounds of traffic.)
- **2 Things You Can Smell** (Try to identify things like freshly brewed coffee, a freshly washed towel, pine sap, or a scented soap.)
- **1 Thing You Can Taste** (Take a bite or a sip of something and savor the flavor.)

2. OBSERVE YOUR ENVIRONMENT:

God designed our senses to equip us with information about His world. Notice your surroundings. If the area you're in is large or crowded, limit your focus to whatever is directly in front of you or within a two- or three-foot diameter around you. **Notice everything you can see, hear, smell, taste, or touch, and then thank God for each one.**

GRATITUDE EXERCISES:

Gratitude is the practice of expressing appreciation. As we focus on what God has already done for and given to us, our thoughts are drawn away from our circumstances and toward His loving-kindness.

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1. A HANDFUL OF HOPE

As each day draws to a close, **thank God for five things** that brought you joy, made you smile, gave you hope, or filled you with peace.

2. GRATITUDE JOURNAL

A gratitude journal is an invitation to savor the blessings in our lives. Each day, write down one thing you're grateful for:

- a small victory
- an act of kindness
- a pleasant scent
- a cherished memory
- a favorite song
- a touching story
- a surprise gift
- a gentle rain
- a cool breeze
- a delicious food
- an invitation
- something beautiful in creation
- something that made you smile
- a friend or loved one checking in

Some days, the blessing will come easily. On the more difficult days, use these questions to help you get started:

1. What am I most grateful for today?
2. What is one good thing right now?
3. What made me smile today?
4. Where did I see beauty today?
5. What was one small victory today?
6. What simple pleasure did I enjoy today?
7. What did I learn today?
8. How did technology make my life easier today?
9. What was one blessing in a difficult situation today?
10. What brought me hope today?
11. What negative habit did I avoid today?
12. When was I at peace today?
13. How did I show myself compassion today?
14. When did I feel a sense of abundance today?
15. What inspired me today?
16. What brought me joy today?
17. What quote made me think today?
18. What color made me smile today?
19. What am I most grateful for in this season?
20. What recent challenge am I grateful for experiencing?
21. What in God's creation surprised me today?
22. What hobby or activity did I enjoy today?
23. What book captivated my attention today?

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