

## TOOLKIT TO FACE ANXIETY

Some of our favorite ways to help ease anxiety struggles

- **Start with the obvious: check for physical issues.** This may sound basic, but many anxiety triggers can start with our sinus and ear systems. Don't be afraid to check in with your doctor to see if allergies or sinus issues could be one of the culprits.
- **Keep a Food Journal: watch your diet.** You may be surprised to find that certain dyes found in processed foods, or certain fast foods can trigger anxiety issues. Keep track of what you are eating and when to see if there are connections.
- **Get a good probiotic.** Along with the connections to your gut health and NOT eating certain foods you should also ADD certain nutrients. There are many affordable probiotics out there that are great quality too.
- **Diffuser and oils.** Study after study shows how powerful our sense of smell is and how connected our brains are to react to specific scents. Start with a simple WalMart diffuser and a few combinations on Pinterest to see what may help lower stress levels for you and your loved ones.
- **Praise and Worship Music.** It is no secret that music can change any atmosphere. Create a playlist of your favorite worship songs to usher peace in your home.
- **Scripture verses.** Posting the Word of God over your bed and speaking it over your life can literally change physical and mental dimensions. Print off your most comforting verses and put them in plain sight. Rehearse them day and night. If you want some of my favorites I've created, click my link here:  
<https://considerthefields.com/free-downloadable-prints-of-scripture-verses-for-anxiety/>