



**if you find yourself  
struggling with  
anxiety or  
depression today,  
read this...**

(swipe for a short, raw minibook)



First and foremost, **you are not alone.** I want you to know that right now to your very core. There is a God who loves you just are you are. There are churches, communities, and people at arms length who will surround you in your season of struggle and hold you up when you are weak.

Do not buy into the lie that needing help or confessing your struggle with anxiety or depression makes you weak. You are not a burden. By keeping this inside, you're not only eating away at your sanity, you're robbing someone, possibly even an entire community from the opportunity to bless and carry you.

*"But everything exposed by the light becomes visible—and everything that is illuminated becomes a light."*  
-Ephesians 5:13

**If this season feels exceptionally dark to you, bring it to the light.** It may feel like only a glimmer at first, but the night will give way to morning.

*Some things that could immediately help are...*

You could be struggling because an intense season of stress, change, hurry, and busyness has left you in consistent fight or flight mode. Your serotonin (happy brain chemical) is all pushed into the back of your brain and isn't circulating well.

*Some things that could immediately help are...*

**\*Going for a walk outside**

**\*Vetting your inputs**

(Spend less time on social media, make sure you're listening to music/watching TV shows with positive messages, make sure you're surrounding yourself with people who encourage you, etc. Eliminate anything that isn't causing health).

**\*Eating clean and exercising.**

This can be incredibly simple. Try to lessen your intake dairy, simple carbs, and sugars. Eat as many veggies and clean proteins as possible (Think food items on the edges of the grocery store rather than the middle). Move your body for 30 minutes a day.

**\*Rest.**

There is healing power in a good snack and a nap y'all. Also, get good sleep at night.

**\*Boost those serotonin levels by doing something fun!**

*Here's what has worked for me...*

**You can uproot negative thought patterns.** The Bible tells us to renew our minds (Romans 12:2) and dwell on what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (Philippians 4:8). Culture often calls this “the power of positive thinking.” While it seems new-age, the concept of rewiring our brains is ancient. God asks us to actively take thoughts captive (2 Corinthians 10:5) which makes me think that if we’re being reactive instead of proactive to our mental process, we’ve already lost the battle.

*Here's what has worked for me...*

I create a chart. On the left, I write any lies I’m believing. In the middle, I pen any false agreements I have made with those lies. On the right hand side, I jot down Biblical based truth for that area. An example would be. Lie- I’m anxious about sleep tonight. What if I don’t sleep and I’m a terrible mother, employee, and wife tomorrow? False agreement- I’m only worth my work. Truth- My identity is not in my performance. God will sustain me in times of weakness. He grants me sleep and keeps me safe. When a negative thought enters my mind, I whip out this list and trump the thought with Truth immediately.

*Other things that are helpful are...*

...meditating, seeing a counselor or therapist (especially if there is trauma in your past), turning off devices at least an hour before bedtime, and journaling. Create healthy mental hygiene. Just like you take a shower and clean your body, you need to take inventory of any dirt or build up in your brain and clean it

*But this could be both physical and spiritual*

All over the Bible we find people who are tormented by evil spirits. I don't say this to freak you out. I just want you to be aware of the power that you hold in the name of Jesus to dismiss what's dark.

I think of King Saul who was "tormented by an evil spirit" in the book of 1 Samuel. He summons David into his court to play the harp for him. Every time, when David played music "the evil spirit would go away." Scripture states several times that, through Jesus, we have authority over demons (Luke 10:17).

In my personal experience, speaking the name of Jesus, listening to worship music, singing, and being in corporate worship within my church will bring my spirit relief. There is also so much power in personal prayer and having people pray for you.

*What is God developing in you until He delivers you?*

**Do not rush your healing.** Sometimes God heals in an instant, and sometimes it is slow. But He always ultimately heals. I've seen both. I'm on the slow train.

I know you, like me, want an immediate fix and that we live in a microwave society. However, there is purpose in the process. Instead of asking for deliverance, try asking God to join you in the middle of your struggle with anxiety and depression.

*What is God developing in you until He delivers you?*

What next small step can you take?

How do you see God equipping you with the tools needed to release others from bondage?

I'll leave you with a rephrasing from this line from the Elevation Worship song "Testimony,"

"If (you're) not dead then (God's) not done."

Pray until something happens. Never give up. The sun still shines. There is life and life abundant. If I can make it through, you can too.

*If you are having suicidal thoughts or have placed together a plan,  
please reach out to the National Suicide Prevention Lifeline  
Available 24 hours.*

*800-273-8255*