

**“Even the most stable brain
operates just a millimeter
from madness.”**

**Fear is triggered when we
feel threatened; it is a
response to real or
perceived danger.**

**Worry is a mental exercise
that tries to solve situations
beyond your control.**

**Anxiety is a pervasive, inner
feeling of nervousness, unrest,
or uneasiness that lasts for
an extended period of time.**

**Abraham and Sarah
Genesis 20**

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Believe peace is possible.

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⁶...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

—**Philippians 4:6-8**

Believe peace is possible.

Assess the impact of anxiety in your life.

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“Adrenaline circulating excessively is what causes a lot of our stress... Stress is normal. It becomes harmful when it is continuous, unremitting, and unrelieved. We can have as much arousal as we like as long as it is followed by a period of relaxation, rest and recovery. The body is designed for activation and then recovery—the mountain and valley phenomenon.”

“Distress occurs when we cannot get down off the mountain and the valley isn’t deep enough to allow adequate recovery. We begin to accumulate the effects of stress.” —**Dr. Archibald Hart**

Believe peace is possible.
Assess the impact of anxiety in your life.
Look for a fresh perspective.

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Believe peace is possible.
Assess the impact of anxiety in your life.
Look for a fresh perspective.
Allow your thoughts to flow toward
healthy outcomes.

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Believe peace is possible.
Assess the impact of anxiety in your life.
Look for a fresh perspective.
Allow your thoughts to flow toward
healthy outcomes.
Narrow your focus.

C
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Believe peace is possible.
Assess the impact of anxiety in your life.
Look for a fresh perspective.
Allow your thoughts to flow toward
healthy outcomes.
Narrow your focus.
Calculate the sum of your daily passions
and pursuits.

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“I think the stress problem is—in the ultimate sense—a faith problem. It has to do with our values and with what we’re chasing after in life. It also has to do with our ability to forgive and to deal with hurts that come our way. Anger and resentment have been shown by a number of researchers to be the most damaging emotions from a stress point of view...

“You need to know what you want out of life. If you pursue wrong things, you are going to be more stressed. You need balance in relationships and balance between work and rest, between activity and recovery time. If you can build in balance, you can live a long and happy life.” —Dr. Archibald Hart

Believe peace is possible.
Assess the impact of anxiety in your life.
Look for a fresh perspective.
Allow your thoughts to flow toward healthy outcomes.
Narrow your focus.
Calculate the sum of your daily passions and pursuits.
Exercise the escape of prayer.

... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

—Philippians 4:6