

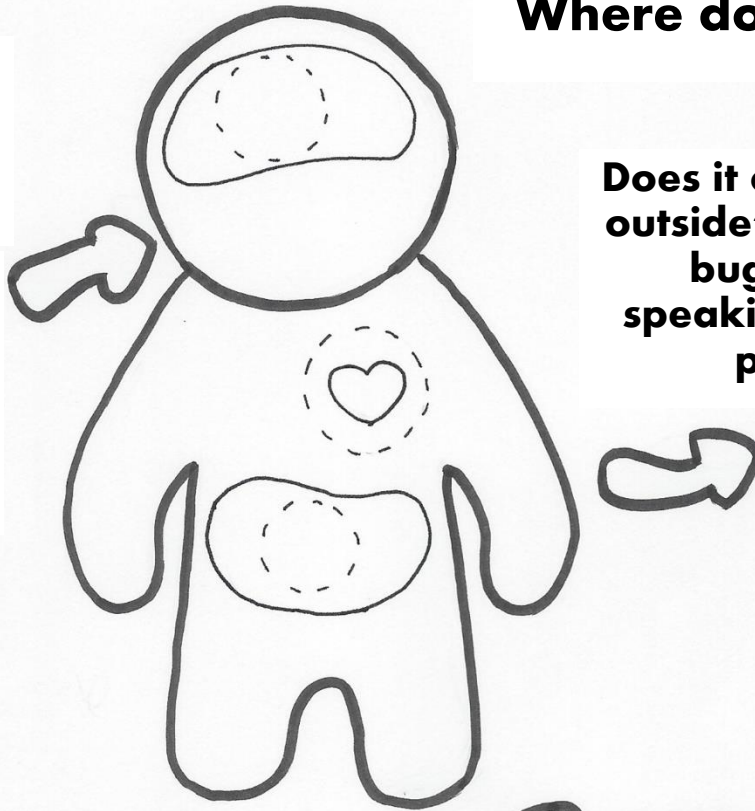
FEAR!

Where does my fear come from?

Does it come from the inside? (Worry, anxiety, negative thoughts?)

Where do I feel fear?

Does it come from the outside? (Spiders and bugs, exams, speaking in front of people?)



Coping Skills

Talk to someone

Watch a fun video

Moving your body (dance or exercise)

Taking a time out

Writing in a journal

Play a game

Finding a safe space

Slow and deep breathing

Listen to music

Asking a friend for help

Jesus said: 'Peace I leave with you, peace I give you...Do not let your hearts be troubled and do not be afraid.' (John 14:27)

Christians believe God is always there for us. We can always talk to Him when we feel afraid.