



# Anxiety Coping Statements

It's helpful to have some truth-filled statements close by when you are experiencing anxiety. Use these coping statements to meditate and think on when you are struggling.

Keep a copy close, or make your own!

**This feeling of anxiety is uncomfortable, but I can handle it.**

*I can do all things through Christ who strengthens me. - Philippians 4:13*

**I can experience anxiety in my body and still deal with this situation I'm in.**

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. - 1 Corinthians 10:13*

**I will acknowledge and let anxiety come, but it won't take over me.**


*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. - John 16:33*

**Anxiety won't hurt me. God protects me.**

*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you. I will help you, I will uphold you with my righteous right hand. - Isaiah 41:10*

**These are just thoughts, they aren't reality.**

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all you ways acknowledge Him, and He will make straight your path. - Proverbs 3:5-6*



**Being present in this moment can help my anxiety diminish.**

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. - Matthew 6:34*

**I'm not alone in this.**

*Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. - Joshua 1:9*

**I'm not in danger right now. I am safe right here in this moment.**

*No weapons forged against you will prevail...  
- Isaiah 54:17*

**This will not last forever, anxiety always goes away.**

*He will cover you with His feathers, and under His wings you will find refuge. - Psalm 91:4*

**These anxious thoughts did not come from God,  
therefore, they aren't based on His truth.**

*For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts. - Isaiah 55:8-9*