The remarkable thing about _____ is that when you fear _____, you fear _____, whereas if you do not fear _____, you fear everything else.

-Oswald Chambers

List common coping mechanisms:

Come to me, all you who are _____, and I will give you _____.

Matthew 11:28

What do you think causes disaster anxiety?

Social anxiety is caused by:

Define disaster anxiety:

What kind of _____ makes it safe to share issues?

Without _____, little would be accomplished. The performance of athletes, entertainers, executives, artisans, and students would suffer; creativity would diminish; crops might not be planted...This would be as deadly for the species as _____.

- Dr. David Barlow

Do you agree or disagree with the quote? Why?

Anxiety cannot be _____, but it can be _____.

Rollo May
The Meaning of Anxiety

_____% of teens see anxiety and depression as a "_____ problem" among their peers.

Pew Research Center

What is the difference between _____ & _____?

Cast all your _____ on him because he _____.

1 Peter 5:7

List methods for dealing with anxiety:

Anxiety