

Anxiety Resources:

Here are some Apps and online resources for either online counseling or just some calming apps. Some are free. Parents please screen each & make sure you are ok with your kids using these. Thanks.

Below are also my favorite bible verses to help with fear, worry, and anxiety.

Blessings,

Dr. P and your GDP Family

Talkspace App

Mental-Health Apps:

- What's Up (free cognitive behavioral therapy/acceptance and commitment therapy app. Really good resource for anyone who is anxious right now!!)
- Mindshift (pretty much a free virtual positive mindset motivator)
- SAM (another good anxiety resource)
- Happify (similar to Mindshift, lots of good positive mindset prompts)
- The Breathing App (exactly what it sounds like! helps you practice relaxation breathing techniques)

Meditation Apps:

- Headspace
- Calm
- UCLA Mindfulness App

Mindful Activity Apps:

- HappyColor
- Mazes & More
- Pixel Art

Verses for Fear:

1 John 4:4 "You dear children are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

Romans 8:28-31 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose... "What then shall we say in response to this? If God is for us, who can be against us."

Psalm 27:1 "The Lord is my light and my salvation-whom shall I fear. The Lord is the stronghold of my life-of whom shall I be afraid."

Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear"

Verses for Anxiety/Worry

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

Isaiah 43:2-3 "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God."

Philippians 4:4-5 "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Luke 12:24 "Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life?"

When Your Heart is Heavy/Sadness

Hebrews 13:5-6 "God has said, 'Never will I leave you and never will I forsake you.' So we can say with confidence, The Lord is my helper; I will not be afraid."

John 14:27 "Peace I leave you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Psalm 27:13-14 "I am still confident of this; I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord."

Philippians 4:19 "And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus."