



# Parents PODCAST



## MAIN IDEAS

- When anxiety tells you “I have no control”, remember: “I can control my thoughts and reframe.”
- “You don’t have to believe everything anxiety tells you.”
- Though much may change in our world, we can trust that God’s love, care, and compassion for us never changes. His truth is the most powerful truth we have to counter the lies of anxiety.
- “Be a thermostat, not a thermometer.” Instead of reacting to the emotion in a room, parents get to set the stage and respond calmly when faced with emotional situations.



## THREE TIPS

1. God’s Word is our best tool to fight against anxiety, but not our only tool.
2. Physical changes have a seat at the table too. Lowering caffeine intake, getting more sleep, spending time outside, and engaging in regular exercise can positively impact our mindset and levels of anxiety.
3. Slow down and get curious. Lean in and listen in the midst of a spiral, it makes your child feel seen and heard. Don’t underestimate the power of presence. Ask your child to help you understand what they are feeling instead of assuming you already know.



## DISCUSSION QUESTIONS

- What might it look like for your family to have regular, open conversations about feelings of anxiety?

Set a consistent time and place to check in. This helps us maintain open communication and manage healthy balance.

- How can you create space in your schedule for activities that promote a peaceful mindset?

Spending time outside consistently, committing to a family meal around the table each day, and praying in the car together are all simple habits to consider.



## ACTION STEPS & RESOURCES

Check out Pastor Will’s most recent book, *Beyond the Spiral*: <https://beyondthespiralbook.com/>

Don’t navigate anxiety alone. Invite a friend to go through the Bible Plan, *Seen*, by Will Hutcherson on YouVersion.

Not in a LifeGroup yet?  
Check out [life.church/lifegroups](https://life.church/lifegroups) to start or join a group today.