

Abundant Life

TRANQUILITY

Student Pack



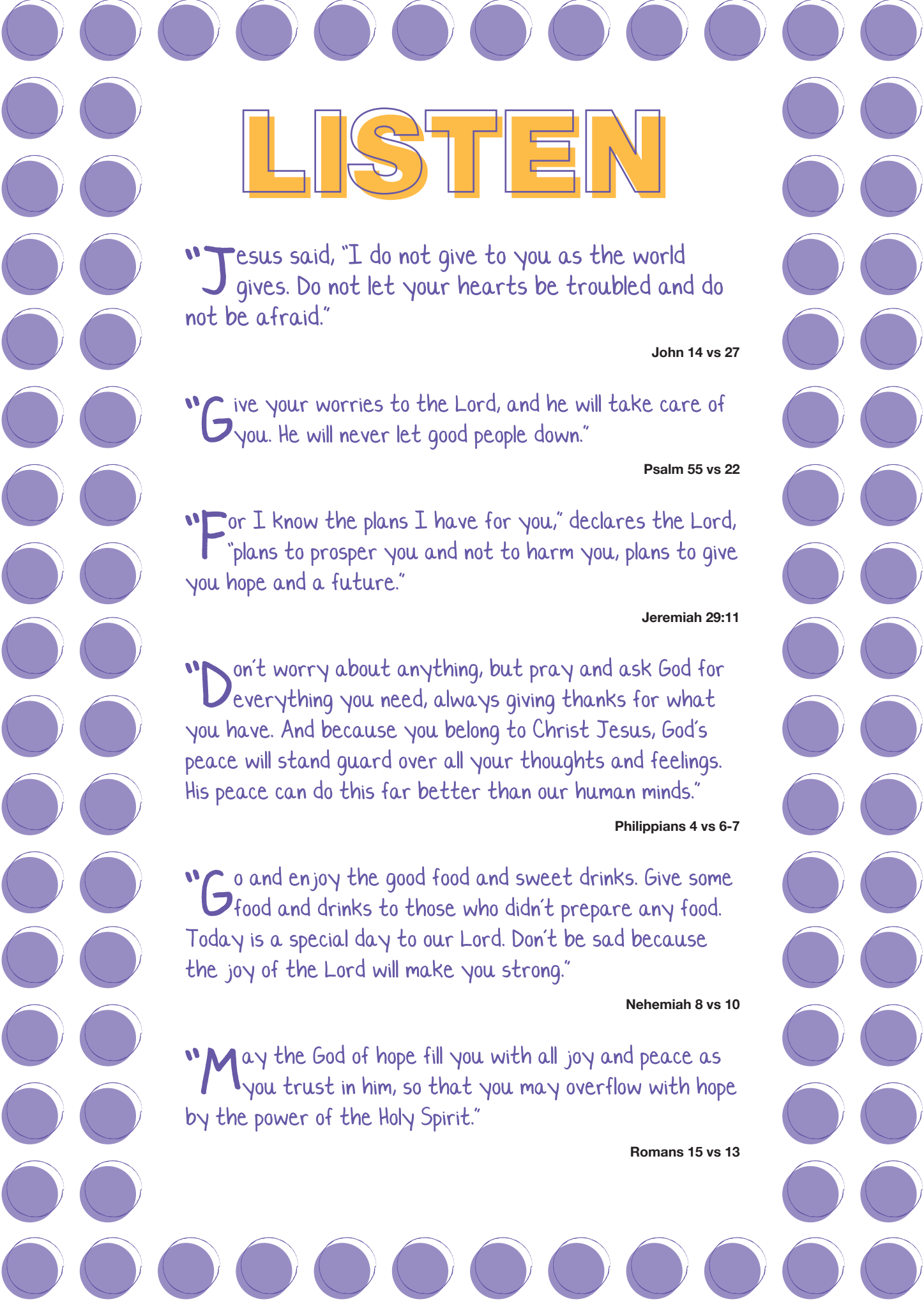
TRANQUILITY

An Anxiety Course

Reality

Version 2.2

Last Reviewed 12/8/2024



LISTEN

"Jesus said, 'I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'"

John 14 vs 27

"Give your worries to the Lord, and he will take care of you. He will never let good people down."

Psalms 55 vs 22

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

"Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds."

Philippians 4 vs 6-7

"Go and enjoy the good food and sweet drinks. Give some food and drinks to those who didn't prepare any food. Today is a special day to our Lord. Don't be sad because the joy of the Lord will make you strong."

Nehemiah 8 vs 10

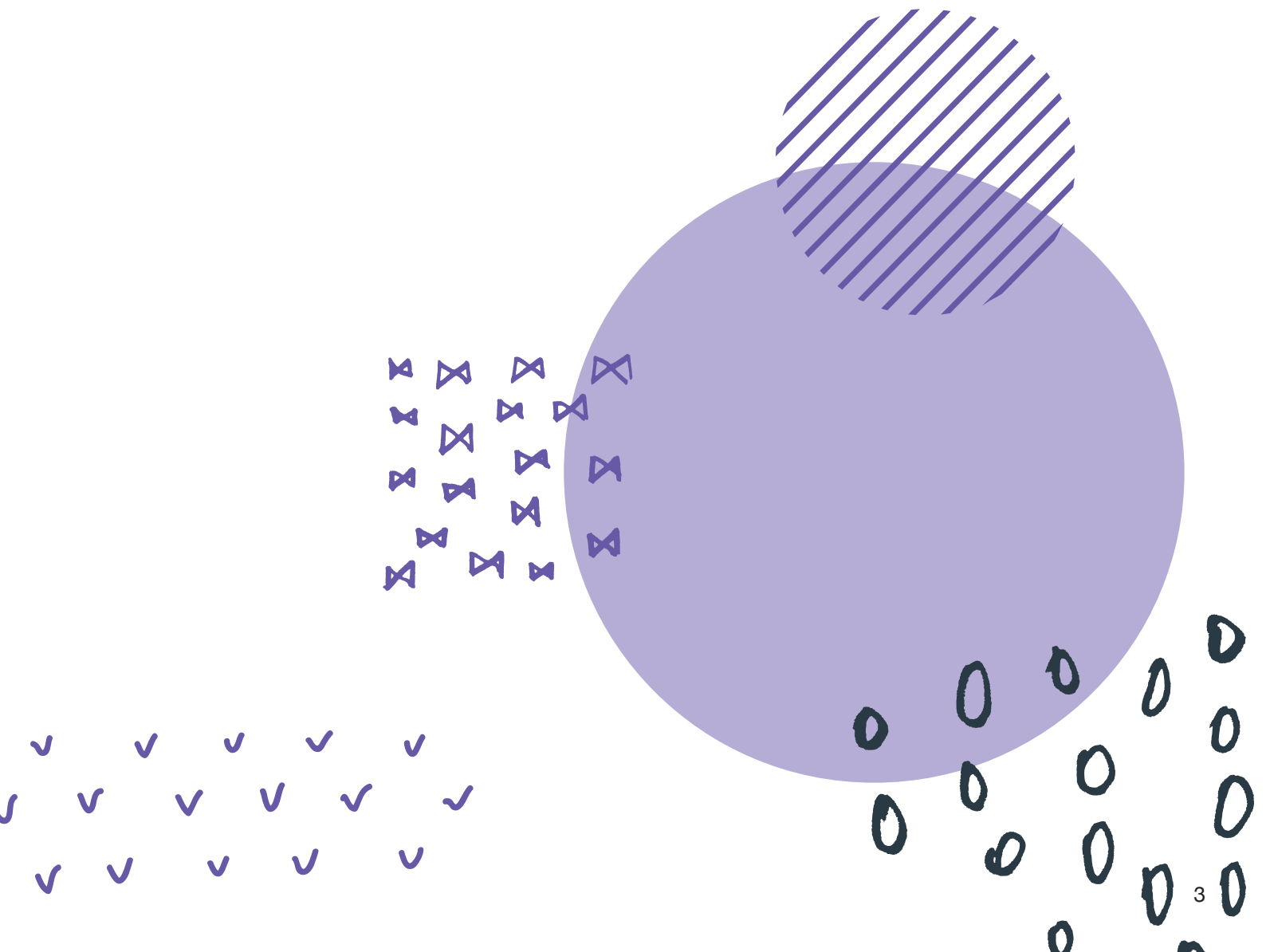
"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15 vs 13



WEEK 1

ANXIOUS?



WHAT IS ANXIETY?

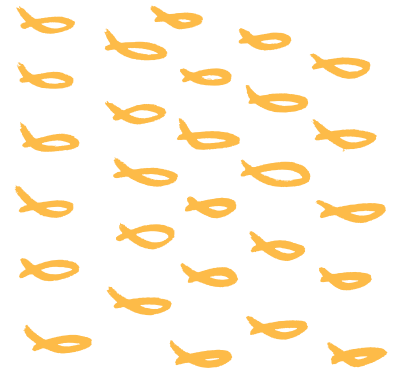
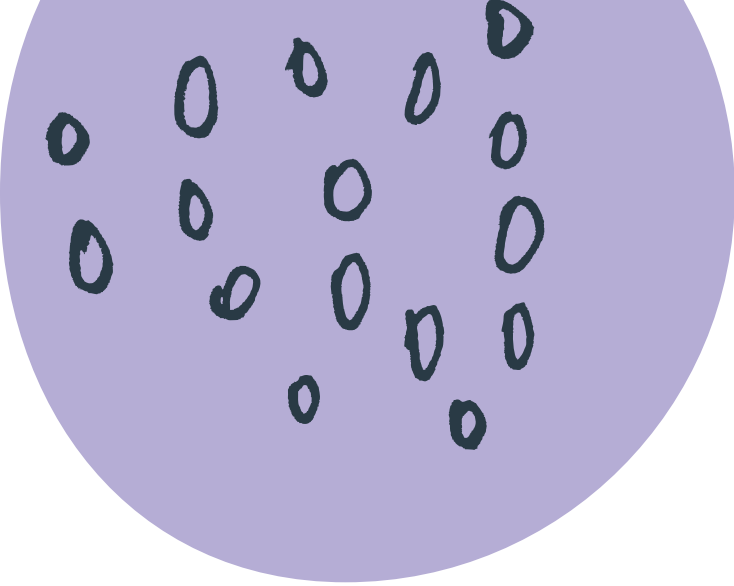
- **GENERALISED ANXIETY DISORDER (GAD)** - is a long-term condition that can make you feel anxious about a wide range of situations and issues, rather than one specific event
- **PANIC DISORDER** - a condition where you have recurring, regular panic attacks
- **PHOBIAS** - an extreme or irrational fear of something, like an animal or a place
- **AGORAPHOBIA** - several phobias related to situations such as leaving home, being in crowds or travelling alone
- **OBSESSIVE COMPULSIVE DISORDER** - a condition that usually involves unwanted thoughts or urges, and repetitive behaviours
- **POST-TRAUMATIC STRESS DISORDER** - a condition caused by frightening or distressing events

WHAT ARE THE SIGNS OF ANXIETY?



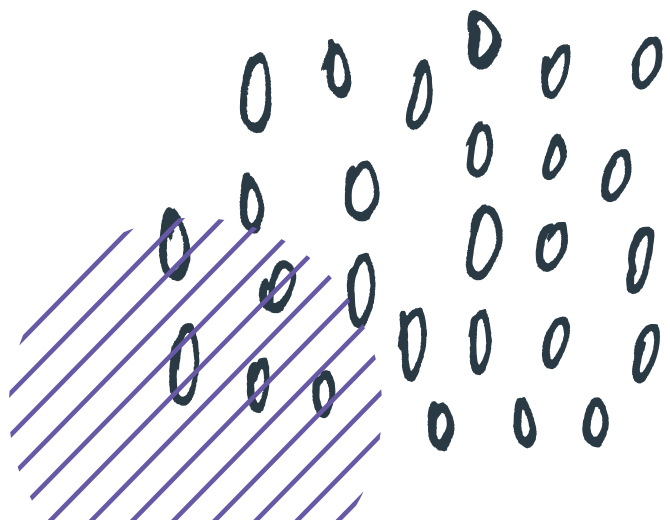
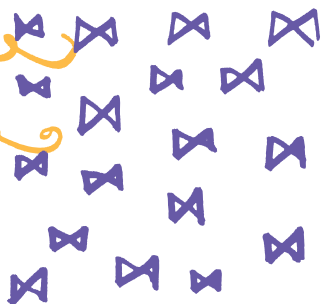
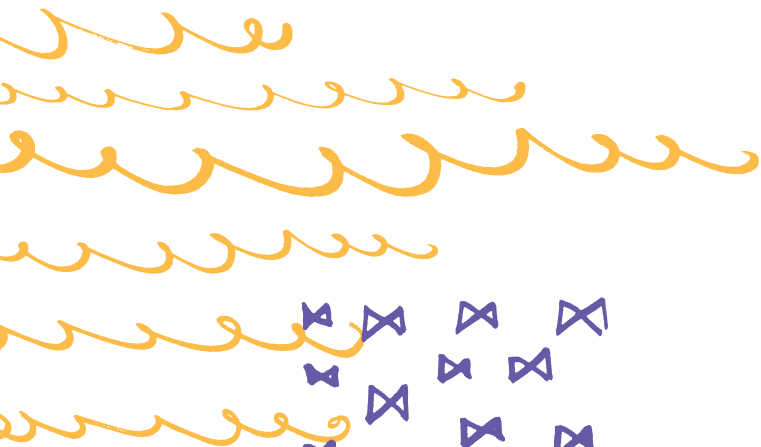
To read more about anxiety, you can look up YoungMinds

YOUNGMINDS
fighting for young people's mental health



WEEK 2

DEALING WITH ANXIETY





TIME TO PLAN

What App am I going to use?

What exercise am I going to do?

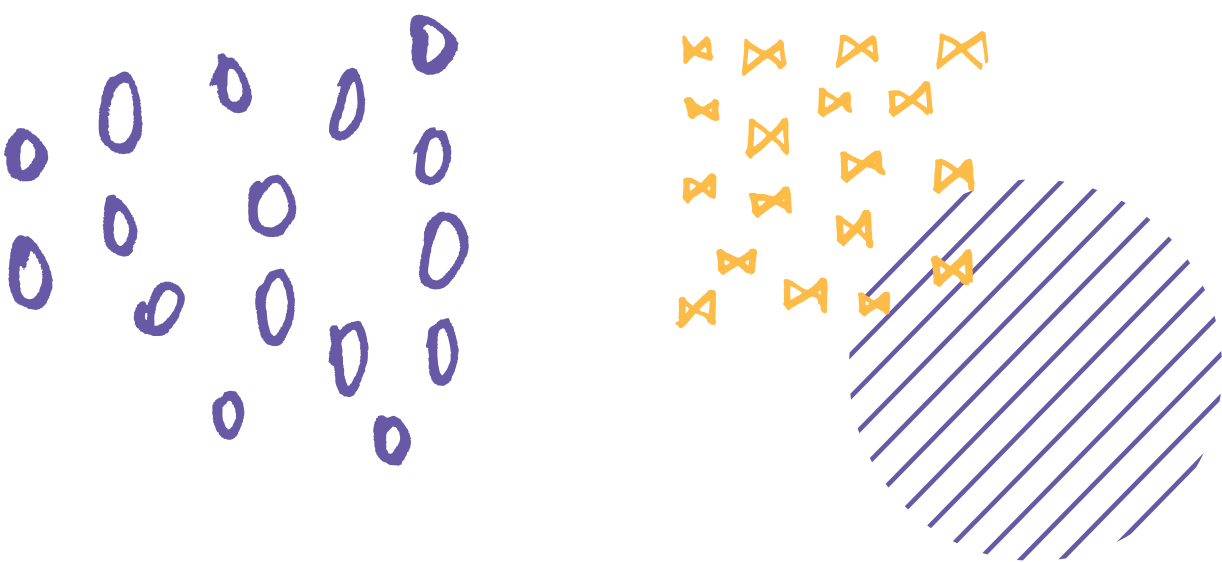
How am I going to relax?

What am I going to eat?

Other?

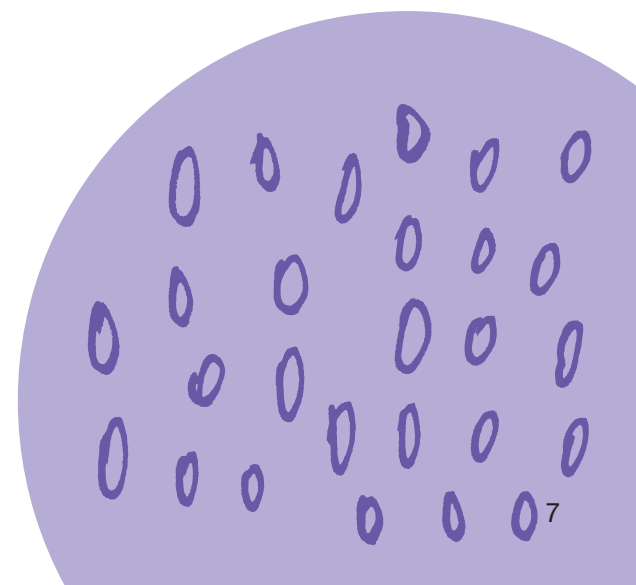
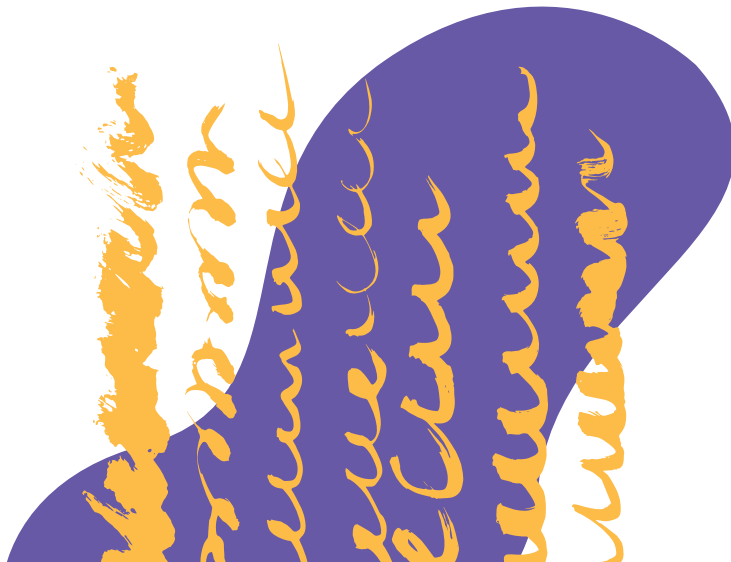
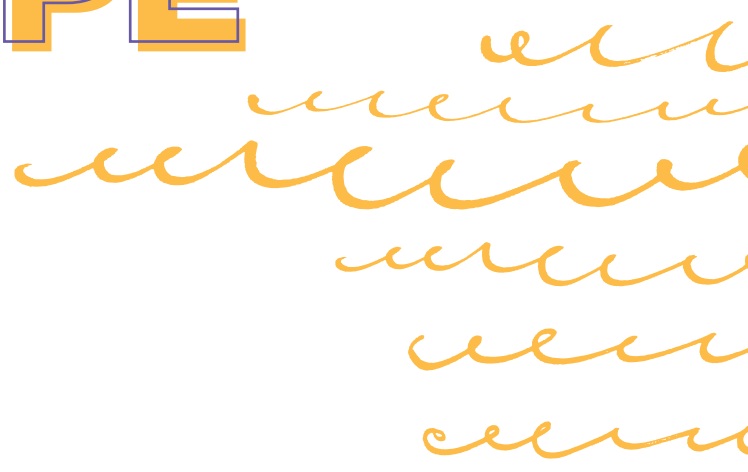
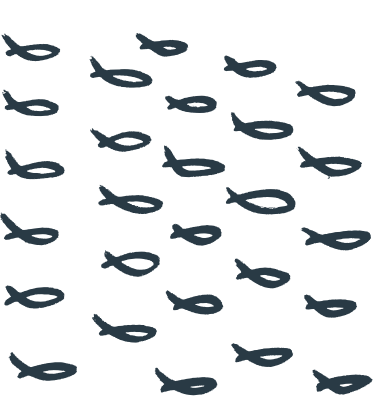
TO DO LIST

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WEEK 3

DISCOVERING HOPE





YOU SAY by Lauren Daigle

I keep fighting voices in my mind
that say I'm not enough

Every single lie that tells me
I will never measure up

Am I more than just the sum
of every high and every low

Remind me once again just who I am
because I need to know

You say I am loved when I can't feel a thing

You say I am strong when I think I am weak

And you say I am held when I am falling short

And when I don't belong, oh You say I am Yours

 And I believe (I)

Oh, I believe (I)

 What You say of me (I)

I believe 

The only thing that matters now
is everything You think of me

In You I find my worth,
in You I find my identity

Taking all I have,
and now I'm laying it at Your feet

You have every failure, God,
You have every victory 

Songwriters: Jason Ingram,
Lauren Daigle, Paul Brendon Mabury

What do you despair about?

How can you discover hope?

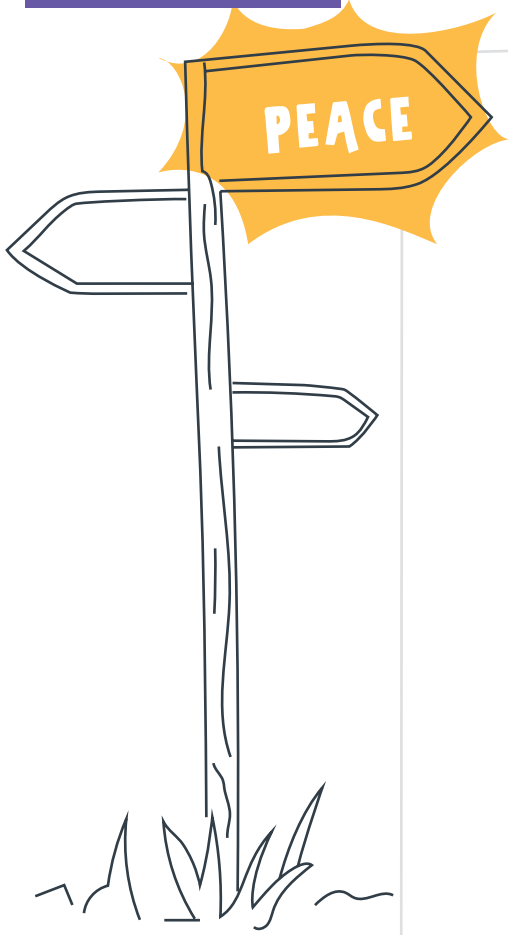
Making it real...





WEEK 4

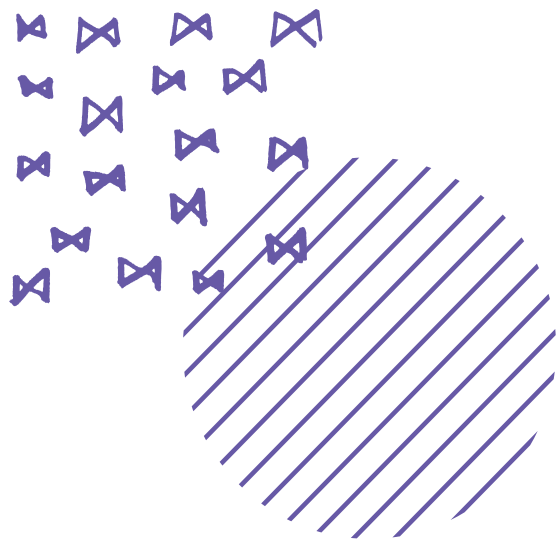
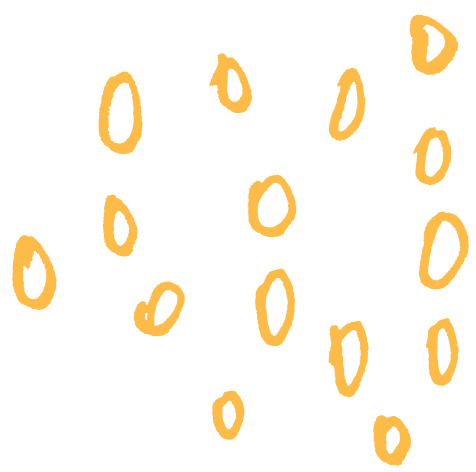
FINDING PEACE



What are you afraid of?

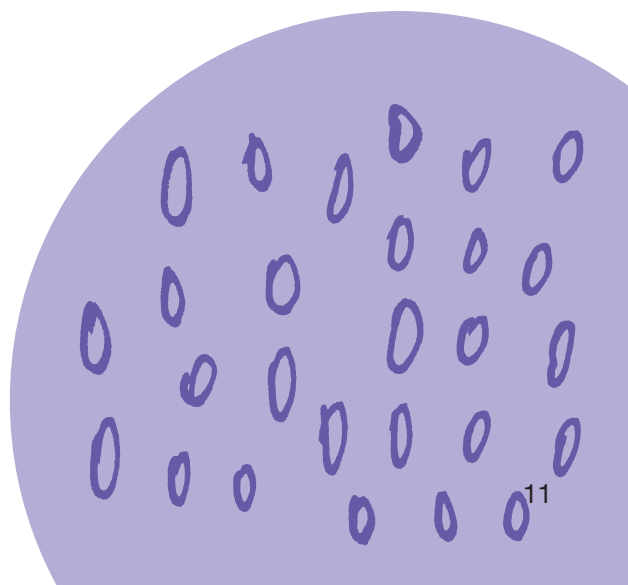
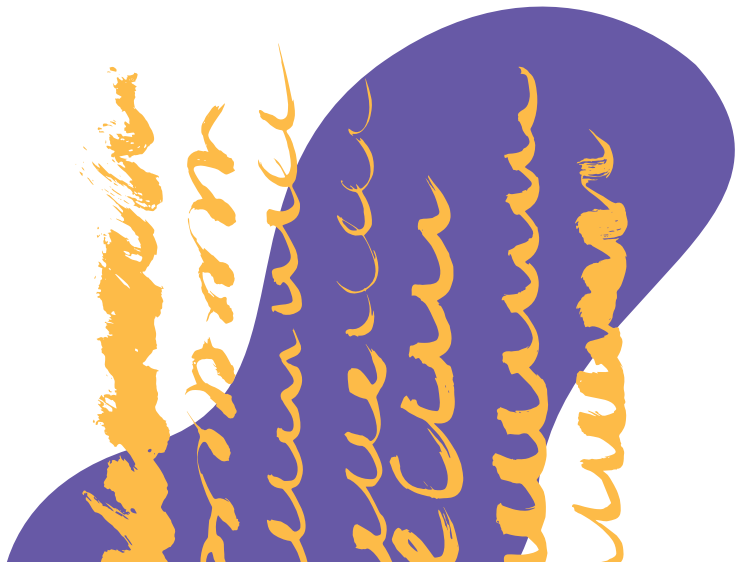
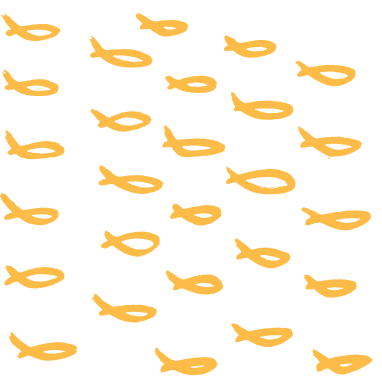
How can you find peace?

Making it real...



WEEK 5

EXPERIENCING JOY



Ideas



What makes you sad?

How can you experience joy?

Making it real...

