

Jason Cusick

# The Anxiety Field Guide

Healthy Habits  
for Long-Term  
Healing



InterVarsity Press  
ivpress.com

Taken from *The Anxiety Field Guide* by Jason Cusick.

Copyright © 2022 by Jason Cusick.

Published by InterVarsity Press, Downers Grove, IL.

[www.ivpress.com](http://www.ivpress.com).







But there's hope! Let's start this journey with what is called *normalization*—learning to accept that anxiety is natural.

---

## ACTION STEPS

1. ***Take a moment to be grateful.*** The next time you feel anxious or afraid, find a place to sit down. Breathe deeply, feel your feet on the ground, and be aware of your body and your surroundings. Read Psalm 139:13-14, which says, “You made all the delicate, inner parts of my body / and knit me together in my mother’s womb. / Thank you for making me so wonderfully complex!” These simple exercises can help you slow down and quietly be thankful for being present in the moment.
2. ***Blame your brain.*** One of the most liberating truths that I’ve learned has been to pass off some responsibility to my brain and not carry it all myself. You have an oversensitive amygdala. Put the responsibility where it belongs. You’re starting to take responsibility for your own wellness. Begin by accepting that some of what’s happening in you is neurological and chemical, and it’s happening outside of your control and choosing.
3. ***Give yourself permission to not fix what you are feeling.*** It is very common to be anxious about our anxiety. Trying to stop your brain from doing what it’s done for years can lead to frustration, self-condemnation, and exhaustion. This will take a little time. In your next anxious moments, speak some encouraging words to yourself. Remind yourself that you are just getting started, and this will get better as you keep at it.

**BUY THE BOOK!**

[ivpress.com/the-anxiety-field-guide](http://ivpress.com/the-anxiety-field-guide)