



# Anxiety as a Mom



Practical Ways to Combat Anxiety



[WWW.BIRDSONAWIREMOMS.COM](http://WWW.BIRDSONAWIREMOMS.COM)

# Welcome

Moms who are dealing with anxiety or panic are actually more common than you might think. It isn't your fault! No one who struggles with anxiety disorders would choose it.

We've talked about the anxiety epidemic our kids are facing these days, but there are a ton of moms battling chronic anxiety as well. In this resource, we'll tap into Birds on a Wire partner, Dr. Chinwé Williams, and her practical ways to combat anxiety and how to know when we need extra help. Dr. Williams is the founder and owner of Meaningful Solutions Counseling & Consulting. She is a Licensed Professional Counselor (LPC), a Board Certified Counselor, and a Counselor Educator & Supervisor. She earned her Doctorate in Counselor Education & Practice from Georgia State University and her Master's degree in counseling from The University of Georgia.

With over 15 years of experience working with adolescents, young adults, adults, couples, and families, Dr. Williams utilizes a warm, collaborative, light-hearted and strength-based approach to counseling. She is trained to provide anxiety counseling, depression and relationship counseling.

- Karen

Karen Stubbs, founder BOAW



# 3 Things to Combat Anxiety in the Moment

You didn't choose anxiety but you can choose to see it accurately and actively work on reducing it.

01

Think something. Realize anxiety lives in the future. Think about where you are in the present moment. Make an appointment to worry later.

02

Do something. What do you love to do? Simply moving your body can help calm those anxious thoughts. Try organizing a small area of your home. You'll relieve anxious energy and complete a productive task! What do you love to do?

03

Eat something. Be mindful of what you're putting in your body in terms of anxiety. A banana or a piece of dark chocolate can curb both hunger and anxiety.

# 3 Actionable Steps to Reduce Your Anxiety

01

Take a break. Delegate tasks to family members and truly break mentally and physically.

02

Combat self-critical thoughts. Reframe and think about how God feels when we're self-critical.

03

Find one small thing for which you are grateful and celebrate it by yourself or with your family.

## Bonus Tip: Box Breathing Method

Step 1: Breathe in counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.

Reflection Verse: Peter 5:7 Cast all your anxiety on Him because He cares for you.





# Contact

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

 [info@birdsonawiremoms.com](mailto:info@birdsonawiremoms.com)

 Facebook Community:  
[www.facebook.com/groups/BOAWmoms](http://www.facebook.com/groups/BOAWmoms)

 Facebook:  
[www.facebook.com/BirdsonaWireMoms](http://www.facebook.com/BirdsonaWireMoms)

 Pinterest:  
[www.pinterest.com/birdsonawiremoms](http://www.pinterest.com/birdsonawiremoms)

 Instagram: [@birdsonawiremoms](https://www.instagram.com/birdsonawiremoms)

 Podcast:  
[birdsonawiremoms.com/podcasts](http://birdsonawiremoms.com/podcasts)

Birds on a Wire Moms  
PO Box 1797  
Cumming, GA 30028

