



THE MENTAL WAY

ACTION STEPS

Trusting in God: Past, Present, and Future

**Acquaint yourself with your heavenly
Father's past saving actions.**

**Identify what you can control (present choices)
and what you can't (future outcomes).**

**Focus on the former.
Submit the latter to God's care.**

**Begin and end your day with
God's comforting Word.**

**Recognize and eliminate mindless
coping mechanisms.**

Don't try to do it alone. Find a safe person.

**Relax your mind by leveraging
physical, mindful activity.**