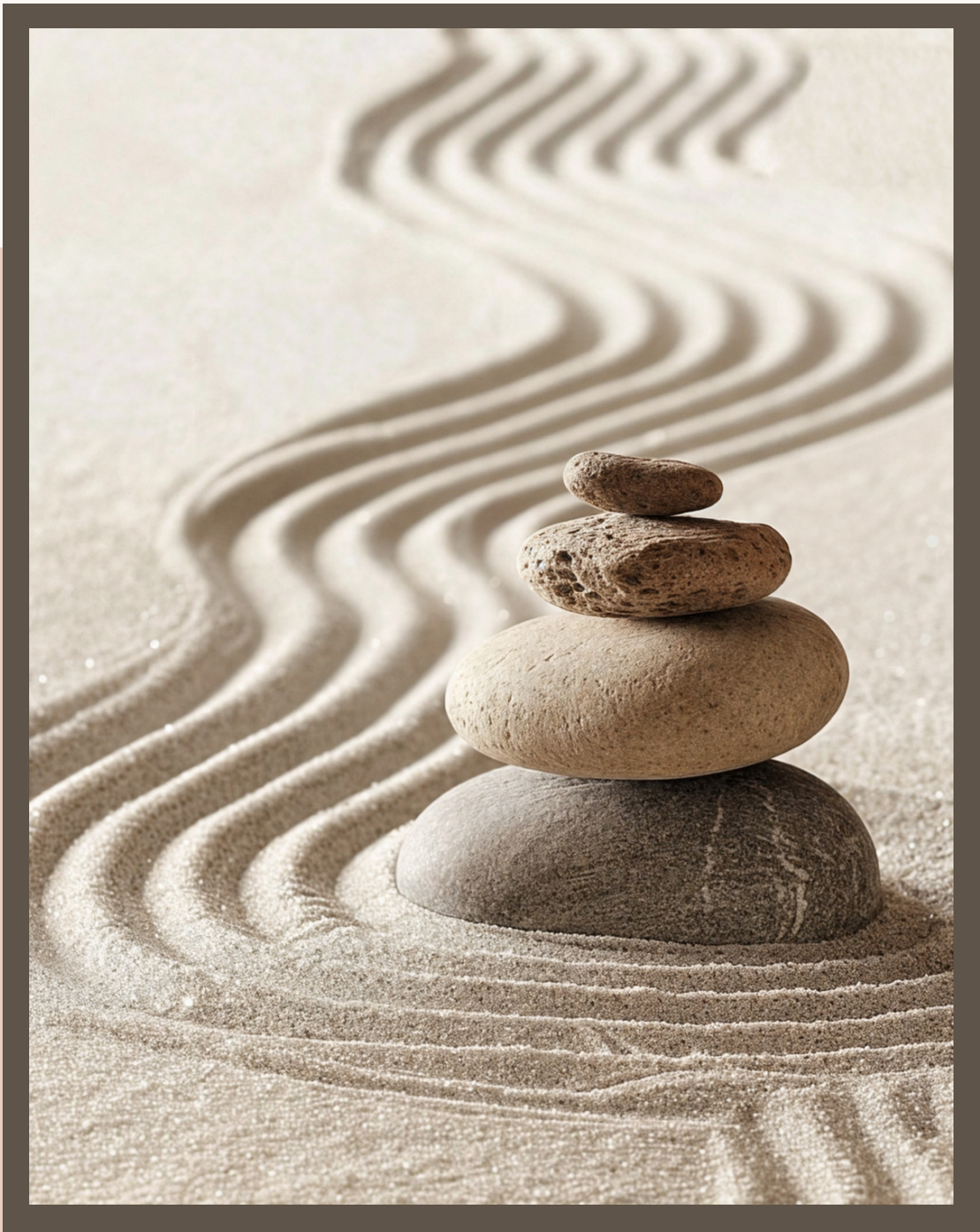


From Anxious to Anchored

FAITH + BEHAVIOR TOOLS FOR WOMEN WHO LEAD
WITH LOVE BUT STRUGGLE WITH ANXIETY



FAITHFULLY SHE

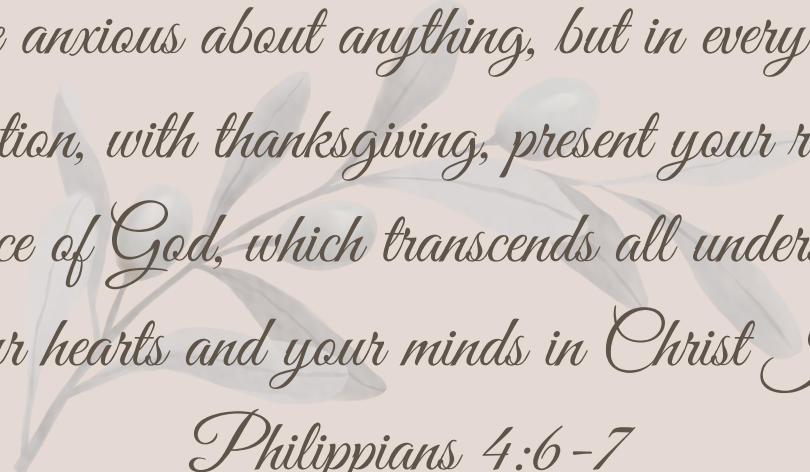
Dear Friend,

If you've ever tried to lead, serve, or mother through anxiety — you are not alone. We've both walked through the tension of wanting to show up strong while feeling completely undone inside. The truth is, calm doesn't come from perfection. It comes from anchoring your soul in something unshakable — the love and presence of God. In this short guide, we'll walk you through three simple steps to move from anxious to anchored.

You'll learn how to pause with intention, reframe your thoughts through truth, and respond with calm — not chaos.

You don't have to "fix" your anxiety. You just have to bring it into the light where God can meet you.

With grace and truth,
Tricia & Regan
Your Faithfully She Mentors



“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” —

Philippians 4:6-7

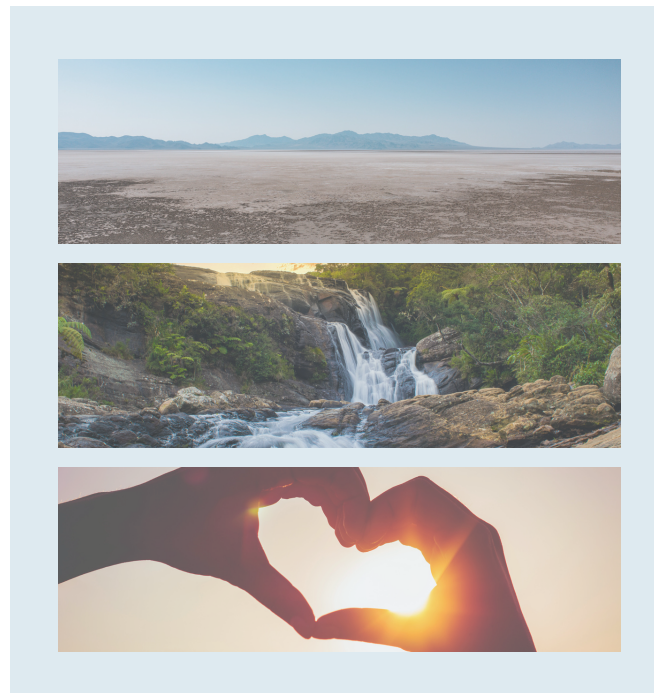
STEP 1: RECOGNIZE THE SPIRAL

Regan's Perspective (Behavior Insight):

"When anxiety takes over, your body moves into fight, flight, or freeze mode. The first step isn't to fight it — it's to notice it."

Use this simple 3-2-1 Reset when you feel yourself spiraling:

- 3 Name 3 things you see (look around and ground yourself in the present)
- 2 Name 2 things you hear (tune in to your surroundings)
- 1 Name 1 truth about who you are (say it out loud — 'I am loved. I am safe. I am anchored in God.')



Tricia's Faith Reflection:

"Peace starts with awareness. God never rushes your healing — He meets you in it."

'Come to Me, all who are weary and burdened, and I will give you rest.' — Matthew 11:28

Reflection Prompt:

➔ *What does my anxiety usually try to tell me that God has already answered?*

STEP 2: REFRAME WITH TRUTH

Tricia's Faith Focus:

“The enemy speaks in fear. God speaks in truth. When you reframe your thoughts through Scripture, you reclaim your peace.”

Here are two anchors to help you shift your mindset:

- “You keep him in perfect peace whose mind is stayed on You.” —
Isaiah 26:3
- “I can do all things through Christ who strengthens me.” —
Philippians 4:13

Regan's Behavior Tool — Cognitive Reframing:

Write down your anxious thought, then rewrite it through God's truth.

Example 1:

“I'm not enough.”

“God equips me for every good work.”

Example 2:

“I can't handle this.”

“With His help, I can take one step at a time.”

Reflection Prompt:

➔ *What fear do I need to reframe through faith today??*



STEP 3: RESPOND WITH CALM

Regan's Practical Tool: The Calm Cue Card

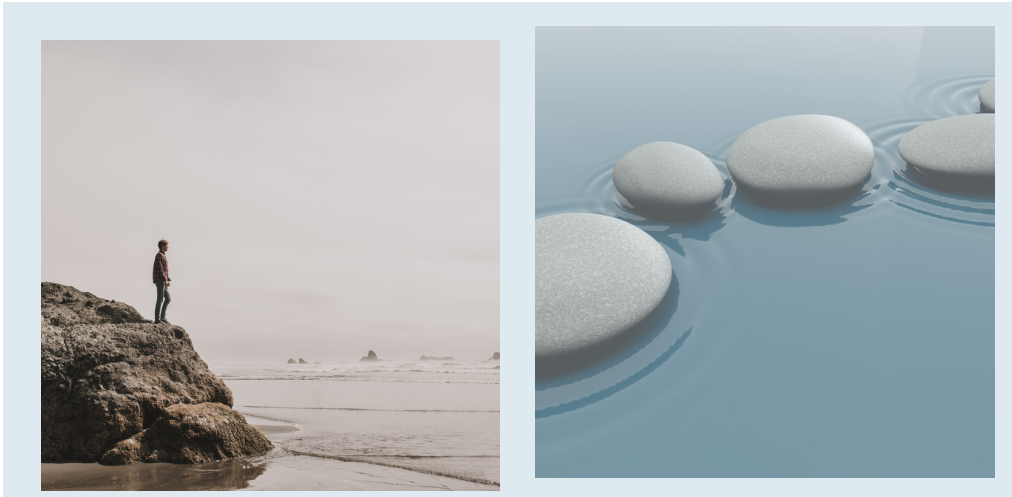
Create a 3-line mantra to anchor you when anxiety hits.
Repeat it out loud or keep it in your journal, car, or mirror.

Examples:

“Pause. Pray. Proceed.”

“God is here. I am safe. I can breathe.”

“I lead from peace, not pressure.”



Tricia's Prayer:

“Lord, anchor my heart in Your peace.

When I feel out of control, remind me that You are my calm within the storm.

Teach me to lead from stillness, not striving.

In Jesus' name, amen.”

Reflection Prompt:

➡ *Where do I need to let go of control and trust God to steady me?*

CLOSING & CALL TO ACTION

From Anxiety to Anchored Confidence

You don't have to stay stuck in survival mode. God designed you for peace, not panic. When you learn to pause, reframe, and respond — you begin to lead with calm. That's the kind of peace that multiplies in your home, your work, and your relationships.

You can walk in peace.



You can lead in confidence.



You can be Faithfully She.



Ready to go deeper?

👉 Join our Letters of Faith [Here](#)

Or follow us on Instagram @faithfully.she for daily calm + confidence encouragement.



Hello!

We're a mother-daughter team passionate about helping women of faith overcome anxiety, rebuild confidence, and lead with calm and purpose.

I (Tricia) bring decades of leadership, mentoring, and faith-based teaching experience — alongside a Doctorate in Organizational Leadership and a heart for guiding women through life's transitions.

Regan is a Board-Certified Behavior Analyst (BCBA) who specializes in behavior techniques, mindset tools, and practical strategies for calm living.

Together, we blend faith + behavioral science + mentorship to help women step into their God-given purpose with peace and confidence.

"Our prayer is that through every word and every tool, you'll be reminded of who you are — chosen, equipped, and worthy of calm confidence."

✉ Connect with us:

Facebook: [faithfullyshe.com](https://www.facebook.com/faithfullyshe.com)

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

Tricia and Regan



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Your voice means so much to us. If Faithfully She resources have encouraged, equipped, or inspired you, would you take a moment to share your thoughts? Your feedback helps us grow, reach more women of faith, and continue creating tools that bring calm, confidence, and spiritual renewal to everyday life. And if you've been blessed by what you've found here, we'd love for you to tell a friend or share the news about Faithfully She with someone who could use a little extra peace and encouragement today. Thank you for being part of this community—your story truly matters to us.