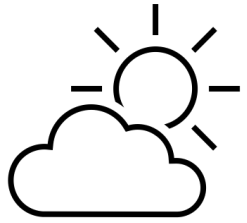


Hope-Filled Approach to Recognizing, Preventing, and Managing Anxiety and Depression

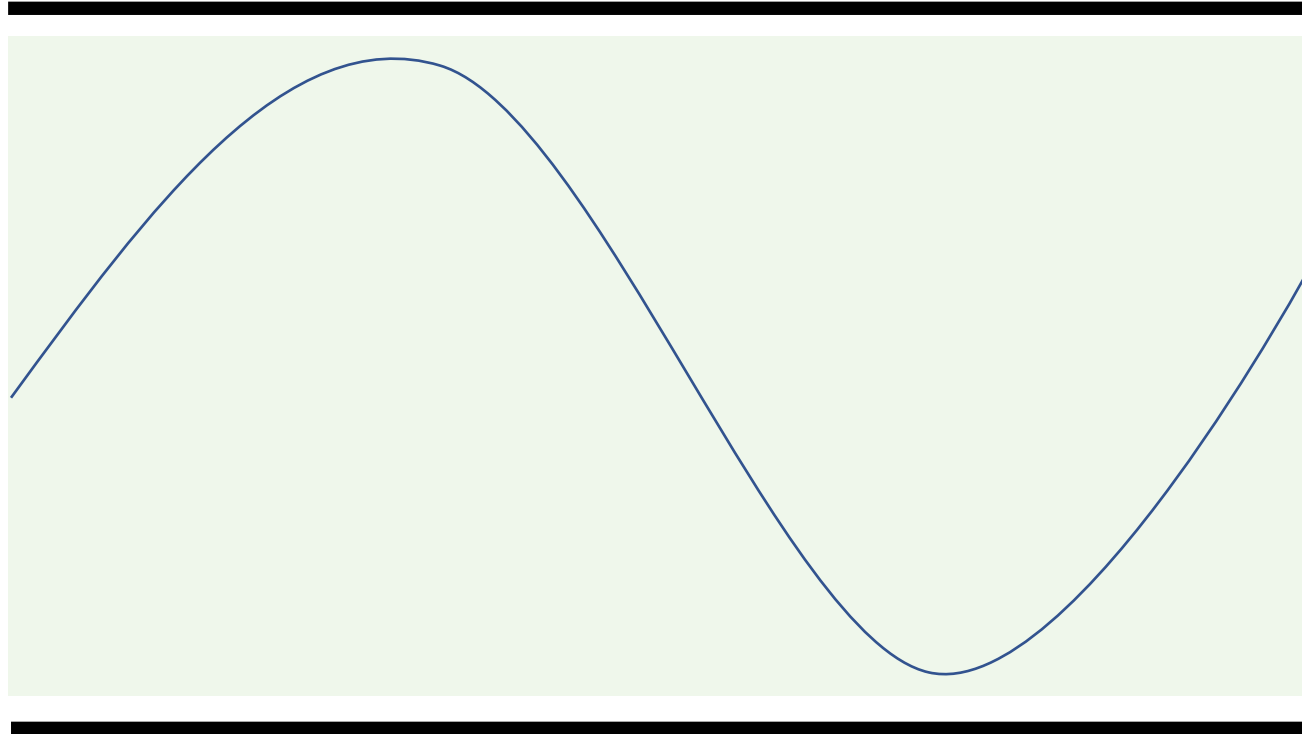
Trisha Kirkland, MA, LPC

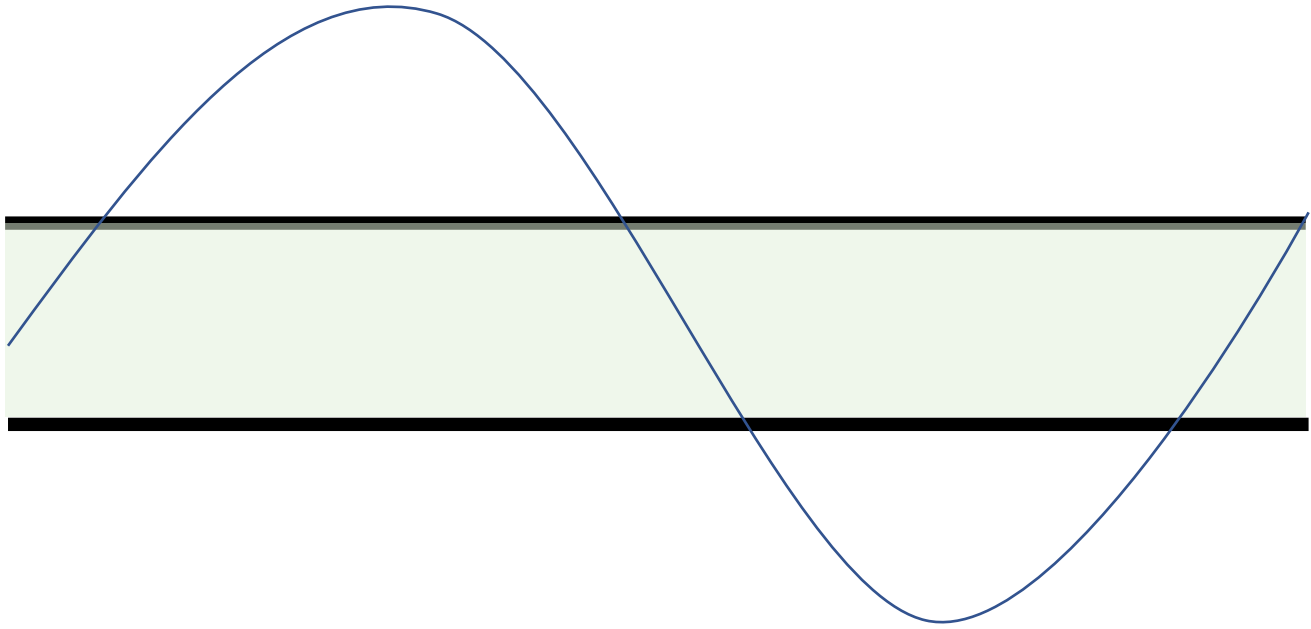
Radius Maymester 2021



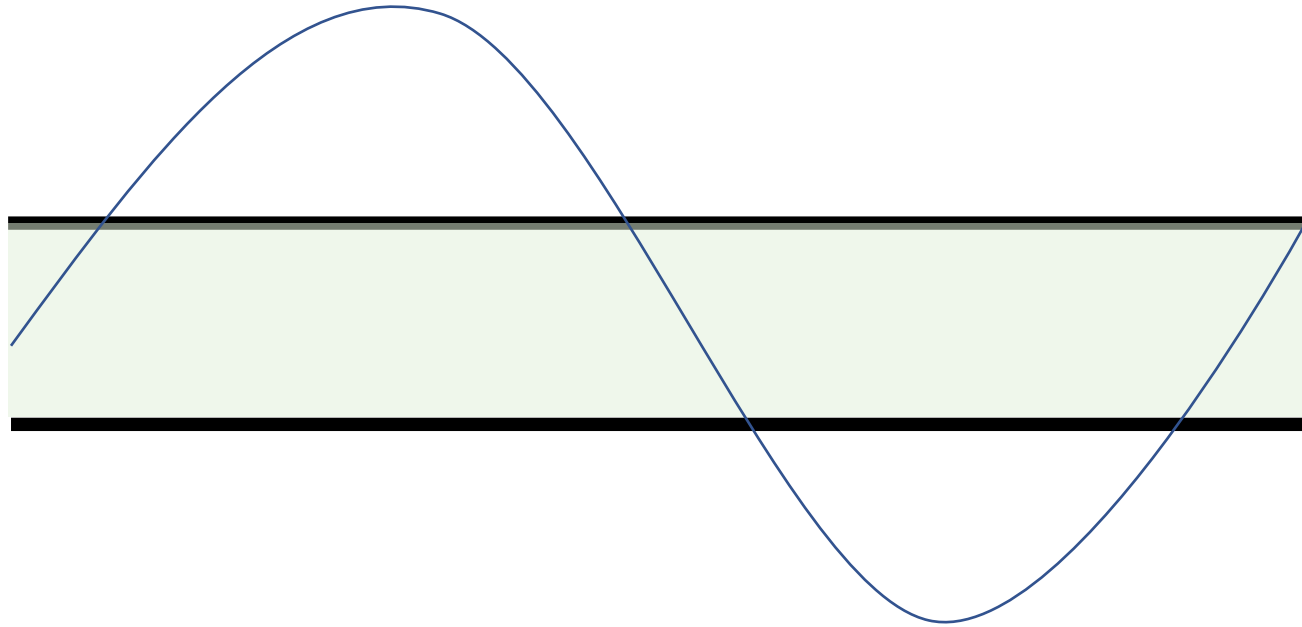


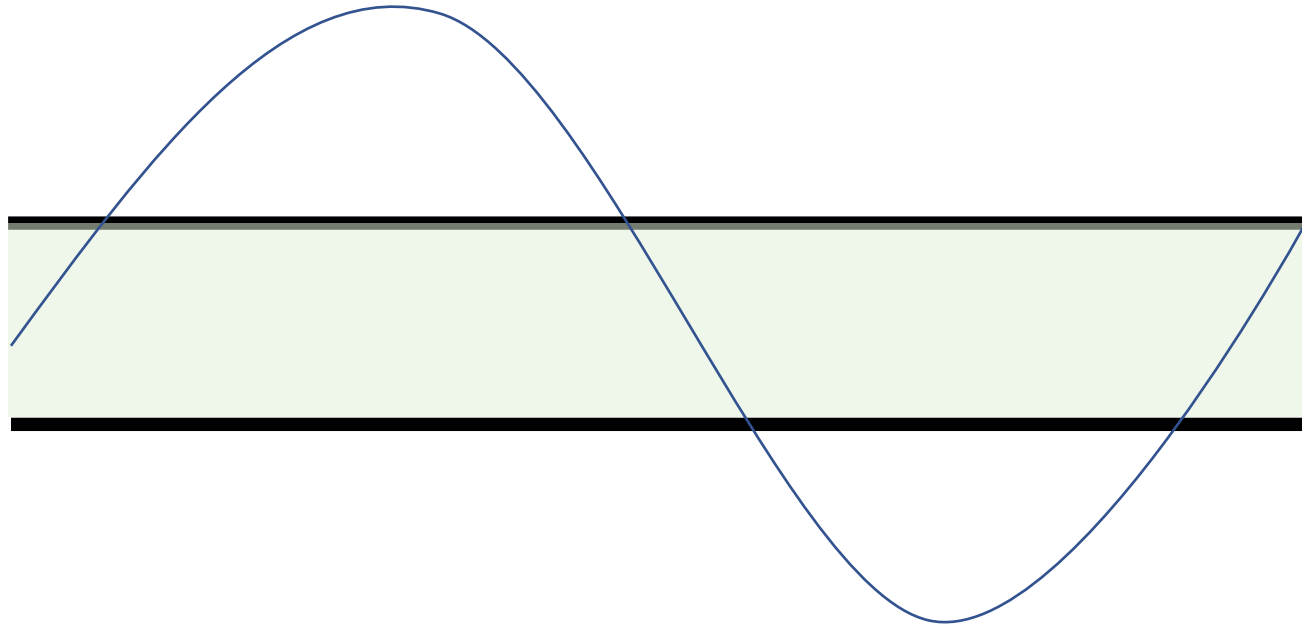
manageable





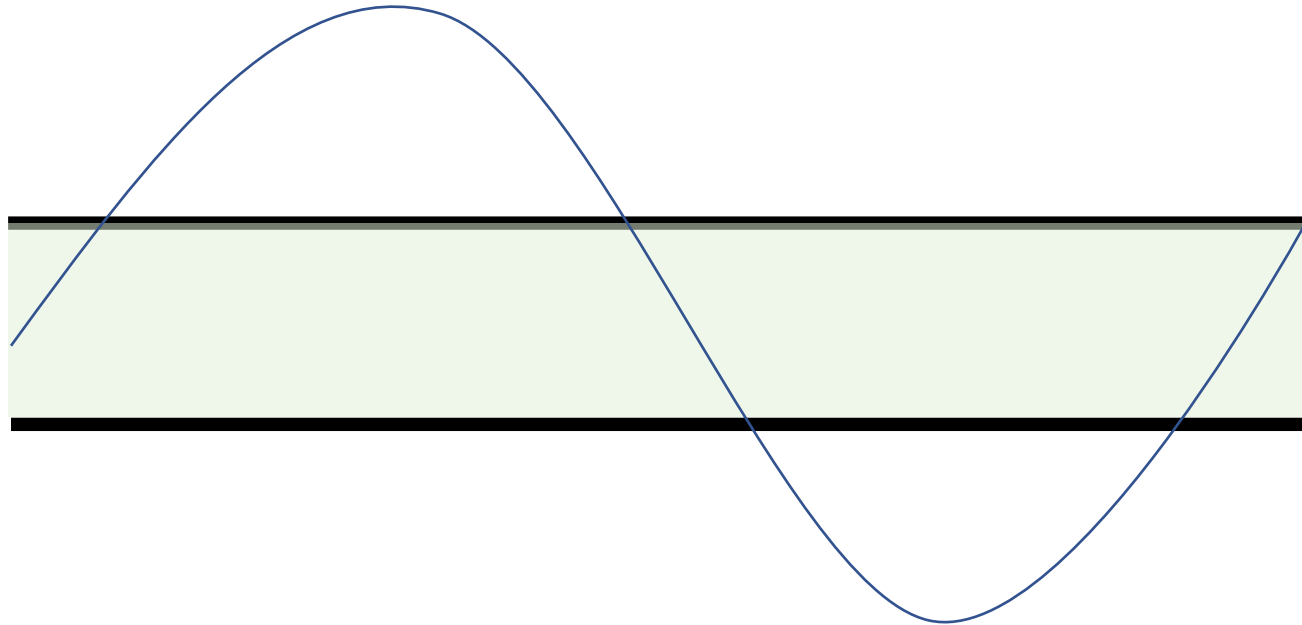
STRESS





BLAH

STRESS



BLAH

2 big questions:

1. Can you identify the size of your window?
2. Do you have strategies to widen your window?

Creation – Fall – Redemption

Life-stewardship:

Redeemed blessing
where we care for ourselves
as an act of worship,
to better love others,
and to more fully embrace life.



faith



relationships



thoughts



physical

Life-Care
Domains

Life-Stewardship

1. Know your why
2. Know your dream
3. Build your card
4. Walk your card

Getting Help