

"Morning Truth for Tender Hearts"

Tuesday, May 5

Here's the email I'll be responding to on Tuesday, May 5th, during "Morning Truth for Tender Hearts" at 6:30 AM Pacific via Facebook LIVE in the **Sensitive and Strong Sisters Facebook group** (<https://www.facebook.com/groups/SensitiveAndStrongSisters/>)

I'm not sure what would help me sleep better tonight. I could use some strategy though if you have any insight.

I just got home from Costco, and I can literally feel people's fear and anxiety. I wasn't consciously taking it on but somehow I did and I felt tense the entire time.

At one point I felt claustrophobic in my face mask and started to panic a bit; but I just said "Jesus," and He helped me calm. I've never had anxiety attacks before, and I don't want to start now!

I broke down in the car and started feeling hopeless and like *I can't do this ... I can't take anymore ... I'm not going to make it.*

I want to run away from all of this. I'm trying to keep up with my home and chores, but all I really want to do is stay in bed and distract myself with movies or such. I have never felt trapped before, but I am fighting it off now. I love [where I live] and I have never wanted to leave; but now that I can't, it's just hard.

I hate what the enemy is doing to this world, and I know God is/will use it for His purposes.

I'm just not sure how to navigate right now.

What specific aspect of this email resonates most?

1. Look Up:

2. Notice & Name:

3. Normalize:

4. Neutralize:

5. Make an Intentional Choice:
