

How to Alleviate Anxiety, Spend Time Wisely During Quarantine

Pastor Bianca Olthoff recorded a video from her home in California, where everyone is on lockdown and has to stay in their homes due to COVID-19. She gave tips on how to lessen anxiety. Laughter and sleep help tremendously, but it's also important to reach out to people to receive and give prayer during this time.

"As most of us know, our nation is wrecked right now with fear and anxiety," Olthoff says. "'Fear' and 'anxiety' are these twin words and emotions that can have people remain rattled. ... Focus on what you can do and let go of what you can't do. ... If you're feeling fear or anxiety around getting sick, there's some basic things that we can do. We can wash our hands, avoid contact with our mouth. ...

"But there's also this spiritual component that I want us not to forget: When fear and anxiety wash over us like a big tidal wave, what we can do is journal. What we can do is worship. What we can do is pray or listen to a podcast. ... Limit your intake on news and media on COVID-19. This is very basic, but Isaiah says, 'You keep him in perfect peace, whose mind is stayed on You.' Be aware of what's going on, but then tune it out; let it go."

To watch the entire video, [click here](#).