
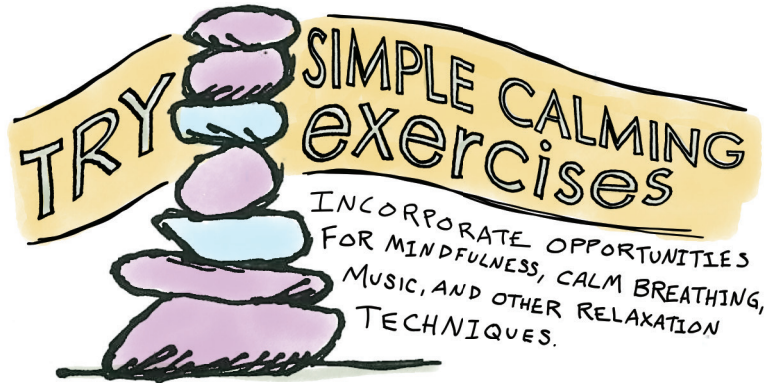


# CONNECTING WITH THOSE WITH ANXIETY AT CHURCH



"I say unto you, **BE ONE**; and if ye are not one ye are not mine."

Doctrine and Covenants 38:27



PROVIDE OPPORTUNITIES FOR **GROWTH**



WHILE BEING RESPECTFUL OF THEIR AGENCY



**REDUCE**

POTENTIALLY STRESSFUL DEMANDS, AND TRY TO KEEP THINGS PREDICTABLE AND CERTAIN.



**ASK)))**  
FOR VOLUNTEERS—  
DON'T PUT PEOPLE ON THE SPOT