



Anxiety
in a man's heart
weighs him down,
but a good word
makes him glad.

Proverbs 12:25 ESV

Everyone's mental wellness journey is different. Whatever causes you to be sad, stressed or anxious, talking to someone about how you're feeling can help.

Find the best mental health resource for you – such as our **Lutheran Counselors network** – at ConcordiaPlans.org/mental-health. Check back often, as we are continuously enhancing our benefits to better serve you.



CONCORDIA PLANS

*God has encouraging words for you
... no matter how you're feeling*

HAPPY	Creative	EXODUS 35:30-35
	Cheerful	PROVERBS 17:22
	Inspired	JOHN 16:13
	Energetic	MATTHEW 6:33
	Hopeful	ROMANS 8:24-25
	Excited	PSALM 150
SAD	Tired	MATTHEW 11:28
	Bored	COLOSSIANS 3:23-24
	Guilty	ROMANS 3:23-24
	Ashamed	MATTHEW 3:14-16
	Lonely	ISAIAH 41:10
	Depressed	PSALM 34:17-18
CALM	Loving	JOHN 13:34-35
	Trusting	PROVERBS 3:5-6
	Peaceful	MATTHEW 5:9
	Thoughtful	COLOSSIANS 3:2
	Satisfied	JOHN 4:13-14
	Grateful	I THESSALONIANS 5:18
STRONG	Respected	TITUS 2:7
	Confident	ROMANS 8:28
	Worthy	EPHESIANS 2:10
	Proud	2 TIMOTHY 4:7
	Valuable	GALATIANS 3:26
	Important	ISAIAH 43:4
MAD	Hurt	MARK 11:25
	Hateful	1 JOHN 4:19-20
	Critical	EPHESIANS 4:29
	Frustrated	JOHN 16:33
	Annoyed	PSALM 37:8-9
	Jealous	1 CORINTHIANS 13:4-5
AFRAID	Meek	MATTHEW 5:5
	Rejected	JOHN 15:18-21
	Helpless	ROMANS 8:26-27
	Insecure	PHILIPPIANS 4:6-9
	Confused	1 CORINTHIANS 14:3
	Anxious	PHILIPPIANS 4:6-7