

Struggling with Anxiety as a Homeschool Mom - Summary

Common Fears

- Failure, not doing enough, judgment, future uncertainty

Triggers

- Perfectionism, comparison, lack of support, hormonal changes

Supportive Scripture

- Isaiah 41:10, 2 Timothy 1:7, Psalm 23, Philippians 4:6, Galatians 6:2, Matthew 6:34

Daily Strategies

- Prayer, journaling, realistic goals, exercise, nutrition

Practical Help

- Online classes, tutors, dual enrollment, support groups

Mindset Shifts

- Mentor > master, progress > perfection, plan with purpose

Build a Confident Teen

- Involve them, encourage independence, praise growth

Success Looks Different

- College, trades, entrepreneurship, military your choice

Get Support

- Co-ops, community, mentors, professional help when needed

Contact & Resources

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