

ANXIETY: WIN THE MIND GAMES

Have you ever felt overwhelmed? Anxiety can bring fear, sleepless nights and worries about what lies ahead but you don't have to face this battle alone. This month, discover coping mechanisms to reset your mind through real life stories and practical tips that reflect God's truth.

Tune into Ek Nayee Zindagi, Monday to Friday at 6:30 AM on Colors TV and be a part of a community of people that needs you right now. 📺

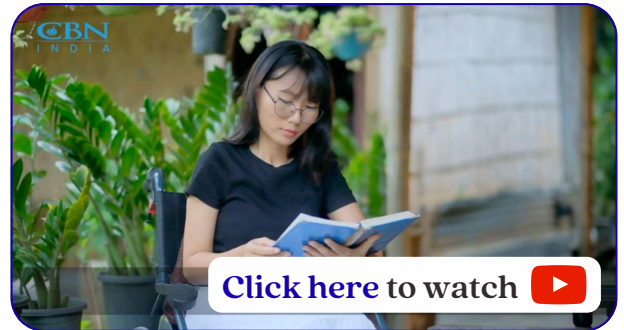
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The teenager whose pain turned into purpose

At 15, Inaholi Zhimomi became seriously ill and was rushed to the hospital. After falling into a coma, she woke up unable to move and struggled with depression and negative thoughts. With her family's support and persistent prayer, she slowly regained hope. A wheelchair race and crochet became unexpected steps towards a new purpose.



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The college professor who once had math phobia

For years, Israel Jeba Prabhu struggled with fear and shame because of difficulties in mathematics. Through prayer, encouragement and trust in God, he began to face his fears. He eventually scored 97% in his board exams and was selected for nursing. How did he overcome his fear and become a college professor? Discover his journey from anxiety to confidence.



Hum sab family milkar roj subhna ENZ dekhte hain — Prabhu ne is program ke zariye hamara parivaar aashishit kiya hai.

— Akash K. Ityagi

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Meditations to help you through anxiety

Racing thoughts? Sleepless nights? Anxious moments?

[Click here](#) for a mediation that will out your feet on solid ground.

Need someone to talk to? Book a counselling session [here](#).