



1	The New York Times
BOO	KS BEST SELLERS
H	lardcover Nonfiction
FICTIO	ON ~ NONFICTION ~ CHILDREN'S ~ MONTHLY LISTS ~
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3	33 WEEKS ON THE LIST THE ANXIOUS GENERATION by Jonathan Haidt Penguin Press A co-author of "The Coddling of the American Mind" looks at the mental health impacts that a phone-base on children.

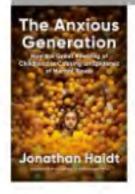
#1 NEW YORK TIMES BESTSELLER The Anxious Generation How the Great Rewiring of Childhood Is Causing an Epidemic

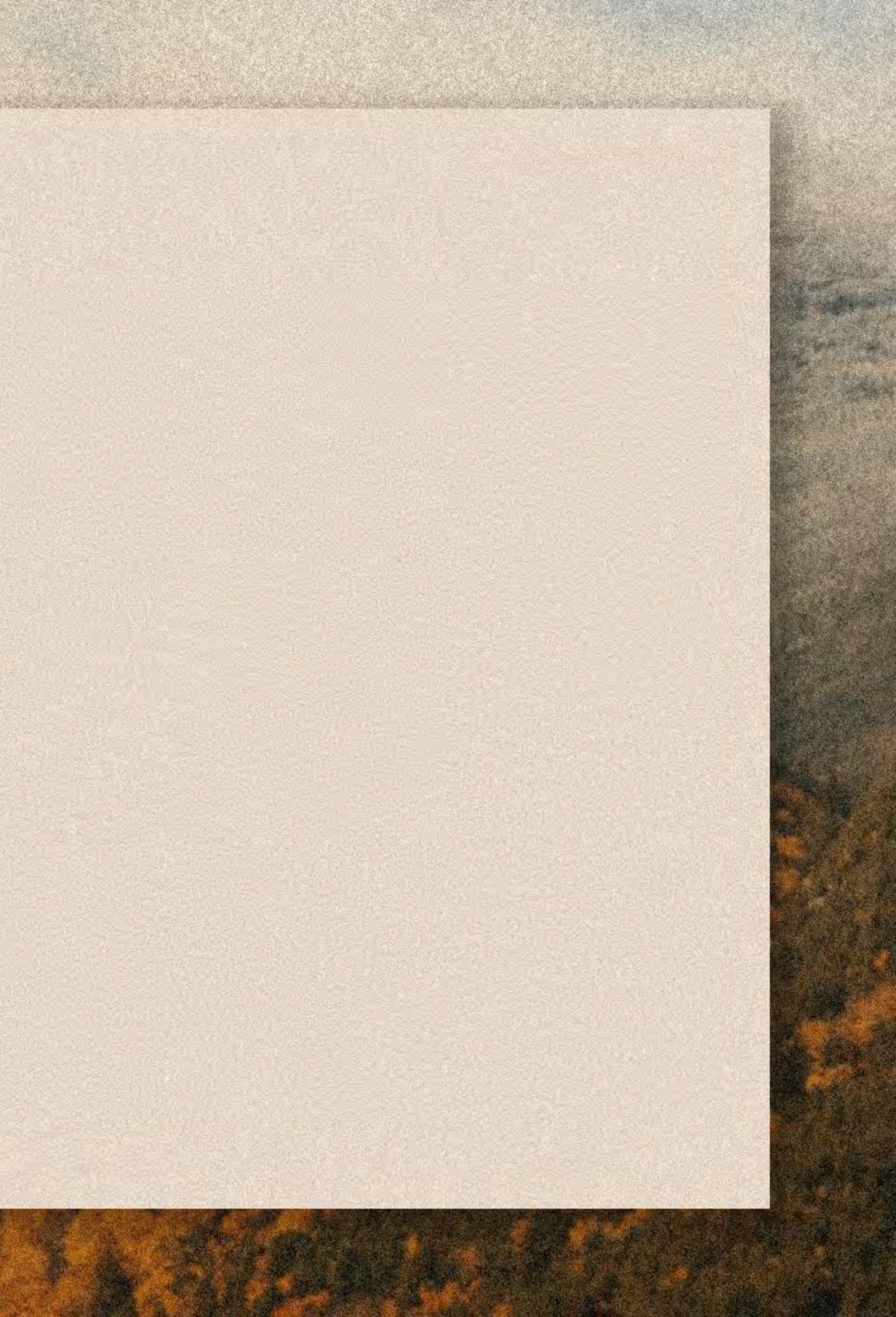
of Mental Illness

White

exoneration.

Jonathan Haidt





Monday 24 April 2023 The Guardian

National

Increase in school absences since

Richard Adams Carmen Aguilar García

Increased anviaty and lack of montal

"We have noted a signif. growth in the cohort of children families who struggle to leave. home. Some of these families experiencing anxiety prior tot.

2C | THURSDAY, AUGUST 18, 2022 | FLORIDA TODAY

Anxious about everything? Seek help because it likely won't go away



One Senior Place Barbara Fradkin Guest columnist

Ely News EL

pandemic 'due to children's anxiety anxiety on the increase HEALTH

YA LENG FreyaLengCN

AN expert who specialises in anxiety management has seen a 60 per cent rise in the number of people coming to see him for help with anxiety, stress and depression in the past 12 months.

Hypnotherapist Dan Regan, who has practices in Ely and Newmarket, said more people have come to see him "who are exhausted from their struggle with all those draining thoughts and feelings that leave them stuck in a cycle of dread, worry and fear".

It comes after new figures revealed a rise in the number of staff going off sick for anxiety, stress and depression at Addenbrooke's hospital. Staff being absent for psychi- and depression than men. appearance of being OK to the out- natural relaxation process by exatric illness has risen by 4.2 per cent "The anxiety, stress and depres- side world," he said.



EXPERT: Hypnotherapist Dan Regan

they don't just have to live with drinking and food can be their anxiety, stress and depression. short term relief or to try I've found that the more people I things, yet these just exact help, the more they refer others to anxiety, stress and depre me when they see them struggling. so cutting back, combine

"As an expert in these areas, my fective therapy to sort the role is to help them break those ing issues, will help." thoughts and patterns so they can Dan said he would advi break free of unwanted thoughts and feelings and move forward feel-better. "Every day go for ing calm, confident and in control ute brisk walk," he said. " and really start enjoying life more an outlet for all the physi

The hypnotherapist said talking ry. Learn how to find son to someone who will be "supportive space. Anxiety and depre and constructive" is a good starting like having a totally stre

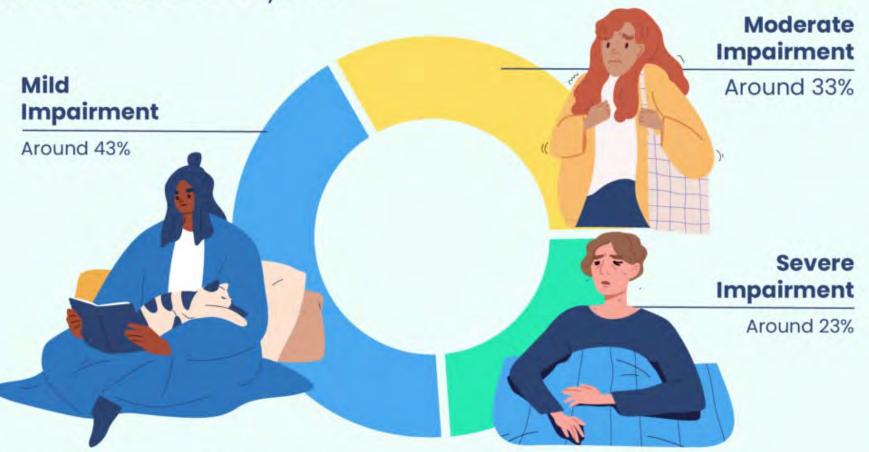
and depression can feel that no- start creating that space, one will want to listen to them and suggest my clients find 20 they may also have become adept every day to calm their min. at working around it and giving the "Firstly, they can trigger their

in the last 12 months. sion can damage their relation- "Yet all those internal thoughts be done easily by initially holding Dan said the maiority of his cli-ships. friendships and careers and and feelings can simply multi-their breath for five seconds then

toms of the anxiety, dread brain that leaves you stru "Many people with anxiety, stress think clearly or to conce

tending their out breath. This can

Mild Impairment



ource: National Institute of Mental Health

C6 SATURDAY, OCTOBER 12, 2024 VANCOUVER SUN

STRATEGIES TO HELP CALM YOUR ANXIOUS DOG

Rituals such as hand washing count

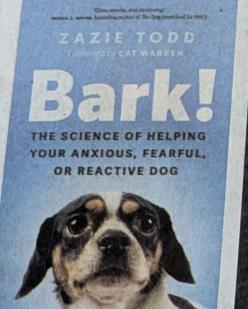
Anxiety Disorder Among Adults

The impact from anxiety on everyday life can differ for everyone.

og. I ne second part is designed help with different kinds of

ver author offers advice ars your pet may be facing

kind of anxiety. Being afraid of loud noises such as fireworks is gres- very common, but other comer the mon fears include being afraid of unknown dogs (often called reactivity) or of unknown people. People can feel very alone when they have a fearful dog because we have these stereotypes about og the dog-human relationship being so good for us, so it feels hard if you're struggling. But you're not alone; there are a lot o people dealing with these issues, and there's a lot that can be done to help.





Irs from resource quarding Q: Is anxiety genetic or does it "Fears and anxieties are very common in our dogs," says Vancouver author A: Yes, it's helpful fo

it will go away. It's m that because the dog k exposed to the thing t afraid of, they will get more fearful over tim It's important to help to feel safe (and it's fe not just being safe, th A good dog trainer ca. make a difference. It's to choose someone w use humane methods look for a trainer who Kind certified,

Q: What can we chan our own behaviour t make things better t ious dog?

A: We can give dogs 1 and more control over lives, and try to give t positive experiences point of view). For ex lot of people like to h even dogs they don't many dogs don't like don't have the choic away. Always check t is happy to be petter can do by pausing an to see if they lean in move away.

We call this a con And make sure the o space in your home, bed or a crate, wher whenever they like : you will never distu

Q: Is this book also dog owners who do anxious dog? And w

John 14:27 niv

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

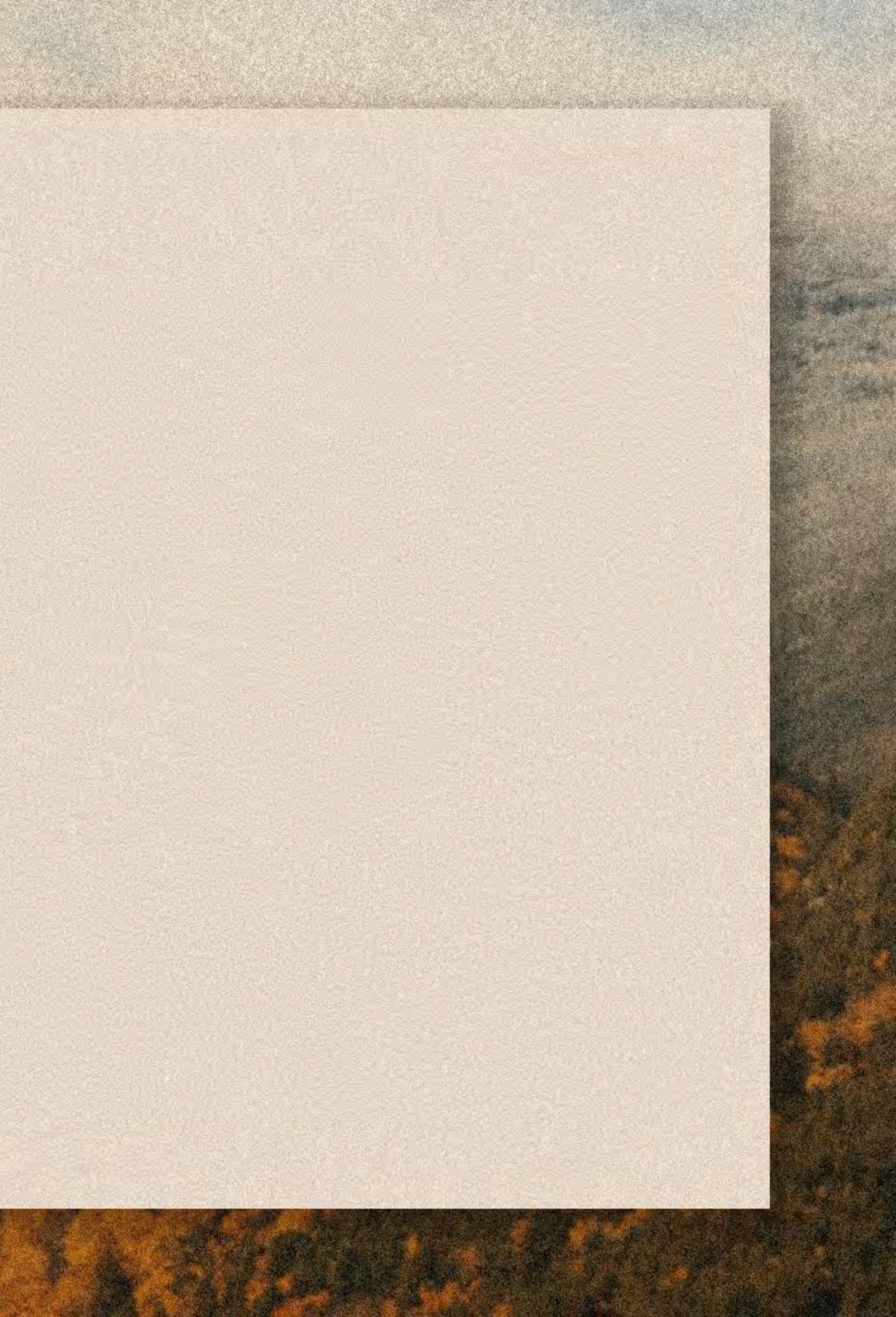
John 16:33 niv

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."



Philippians 4:5b-9 niv

The Lord is near. ⁶ **Do not be anxious about anything,** but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the **peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the **God of peace** will be with you.

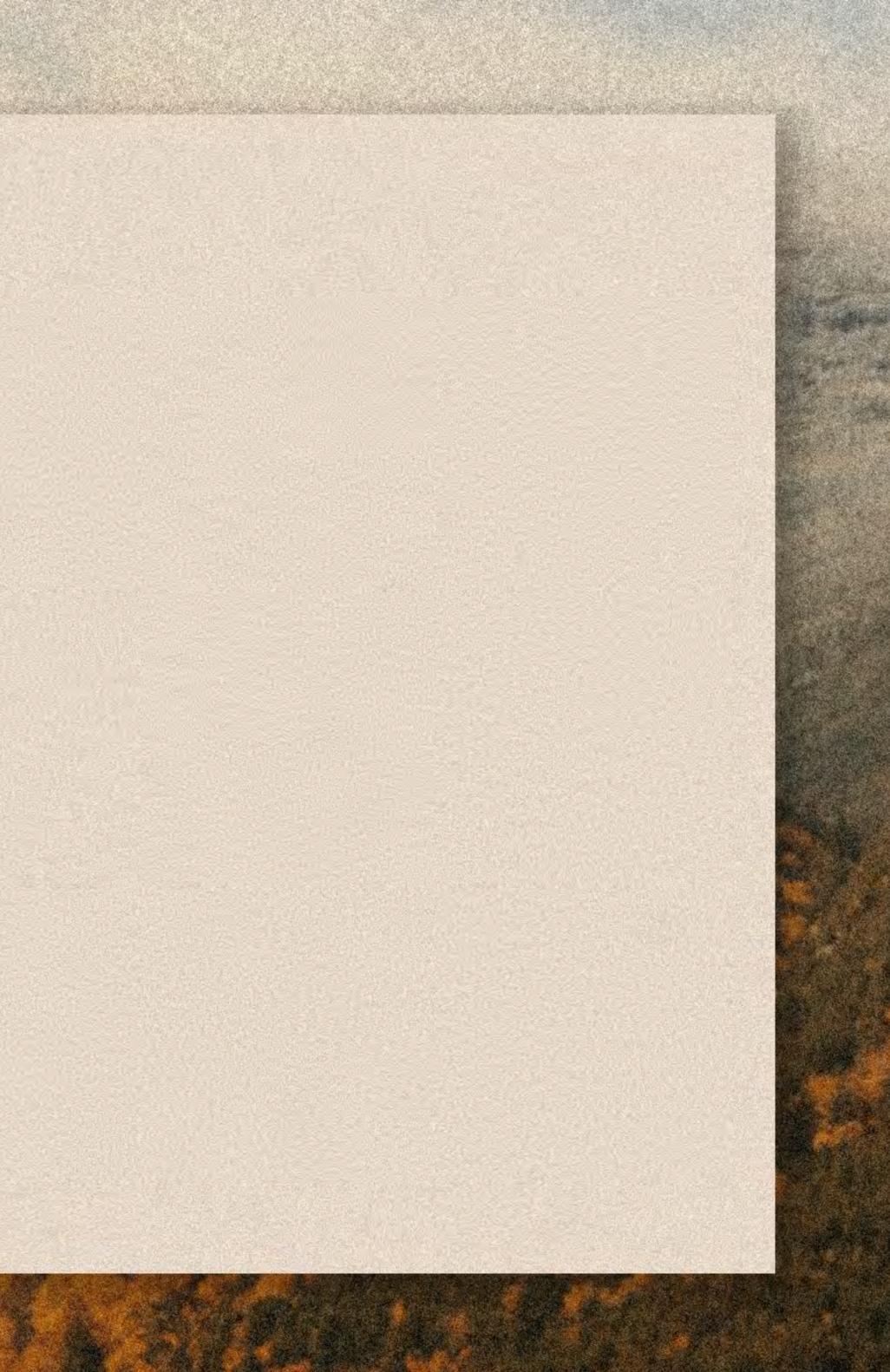




Think

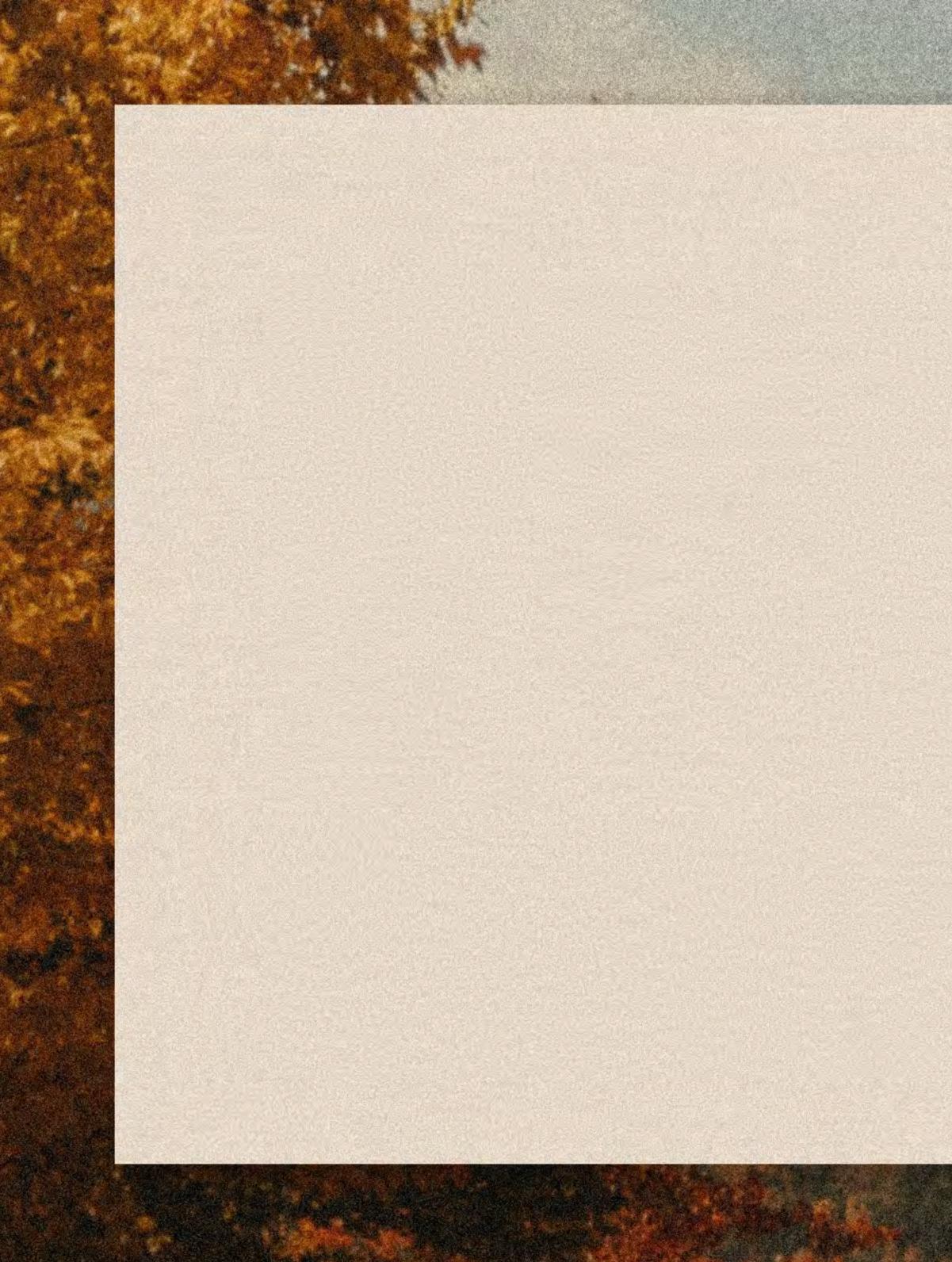
Philippians 4:8 niv

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— think (dwell) about such things.



Anxiety comes not from thinking too much, but from thinking too little about true & right things.

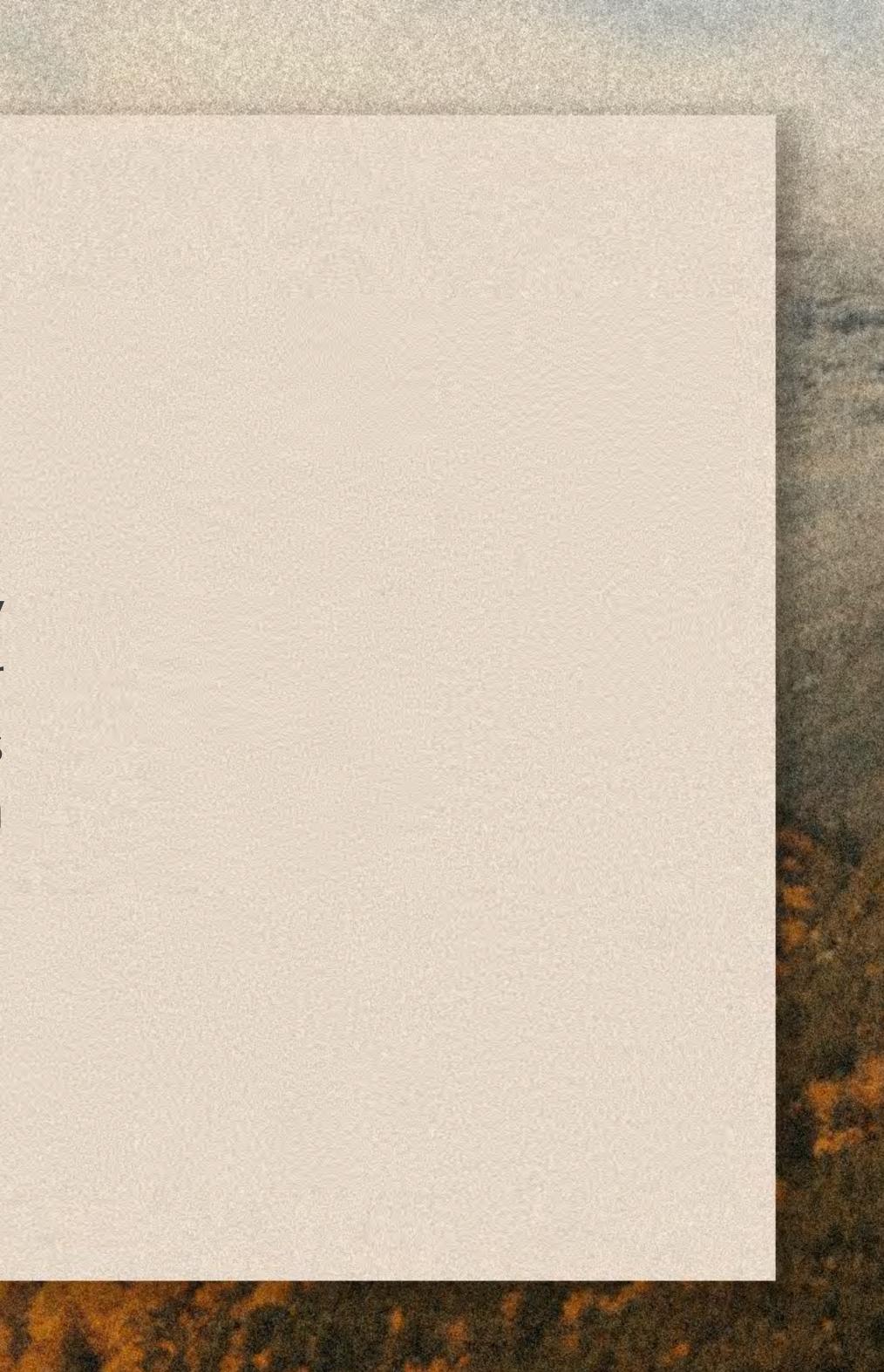


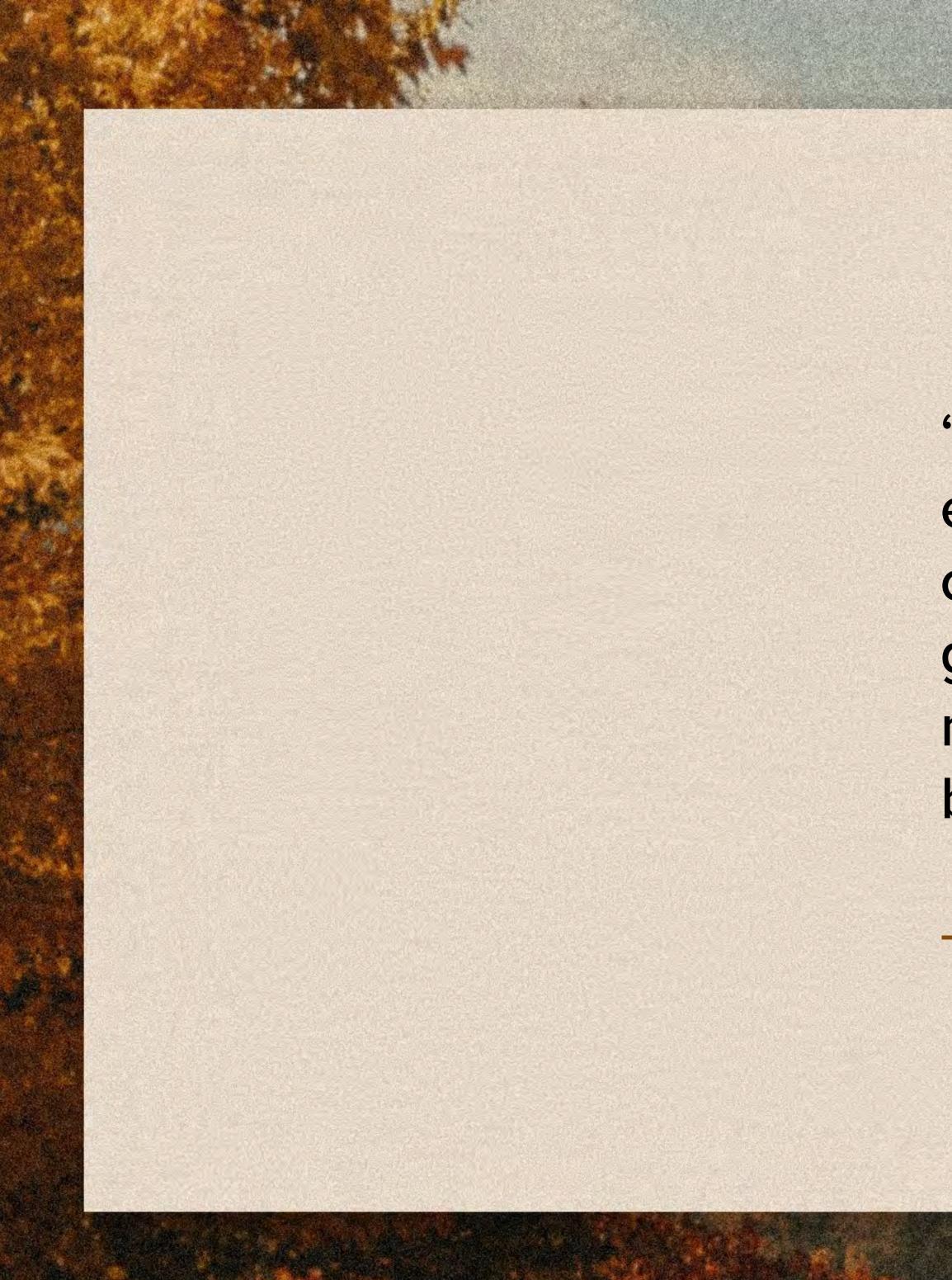


Thank

Philippians 4:6-7 niv Christ Jesus.

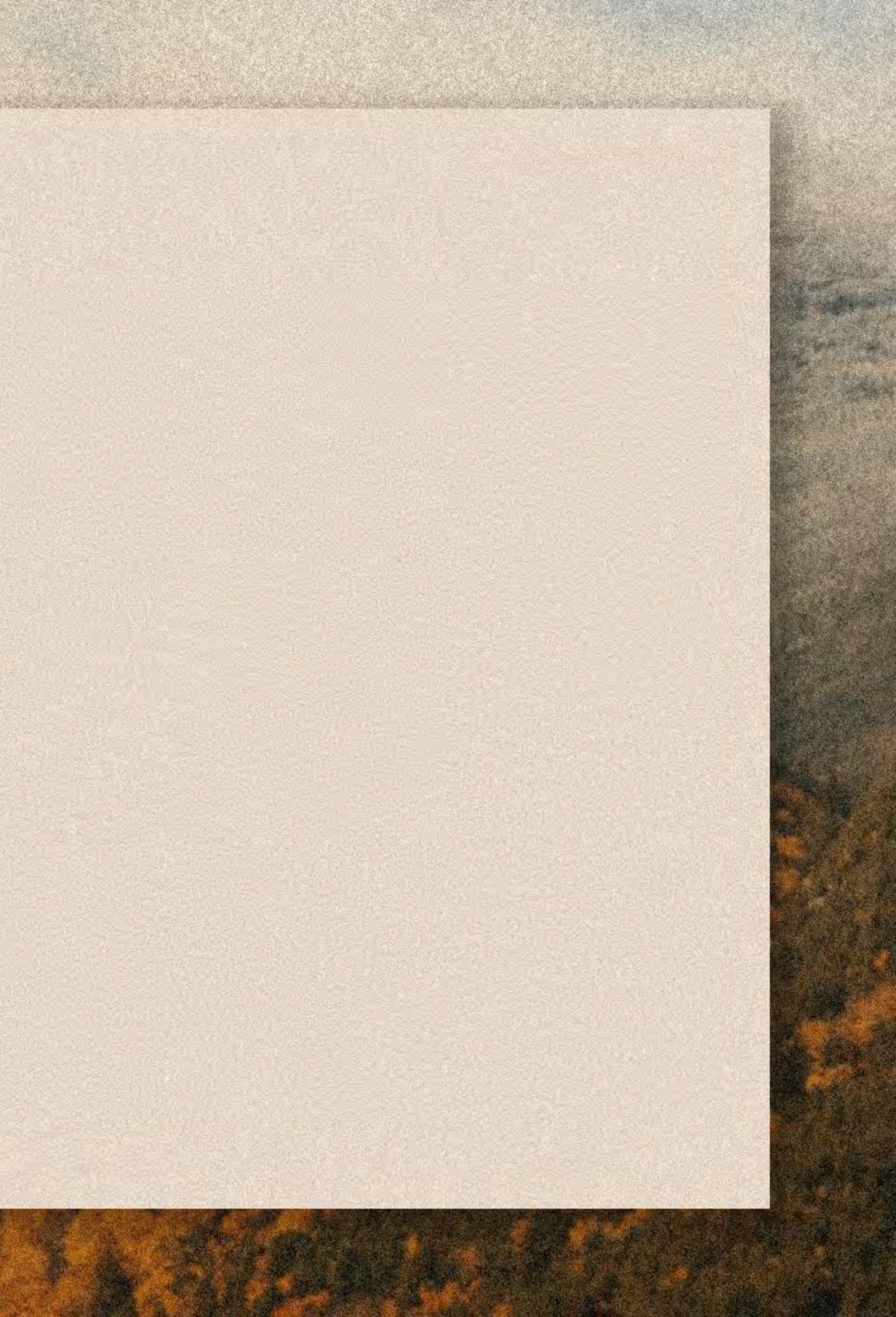
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"Gratitude unlocks the fullness of life. It turns what we have into enough...and more than enough. It turns denial into acceptance; chaos into order; confusion into clarity. Gratitude turns problems into gifts. It turns failures into success; the unexpected into perfect timing; mistakes into important events. Gratitude makes sense of our past; brings peace for today; and creates a new vision for tomorrow."

- Gary Oliver



Psalm 100 net

A Thanksgiving Psalm

Shout out praises to the Lord, all the earth! ² Worship the Lord with joy!

Enter his presence with joyful singing!

³ Acknowledge that the Lord is God!

He made us and we belong to him;

we are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving, and his courts with praise! Give him thanks! Praise his name! ⁵ For the Lord is good. His loyal love endures, and he is faithful through all generations.



Psalm 100 net



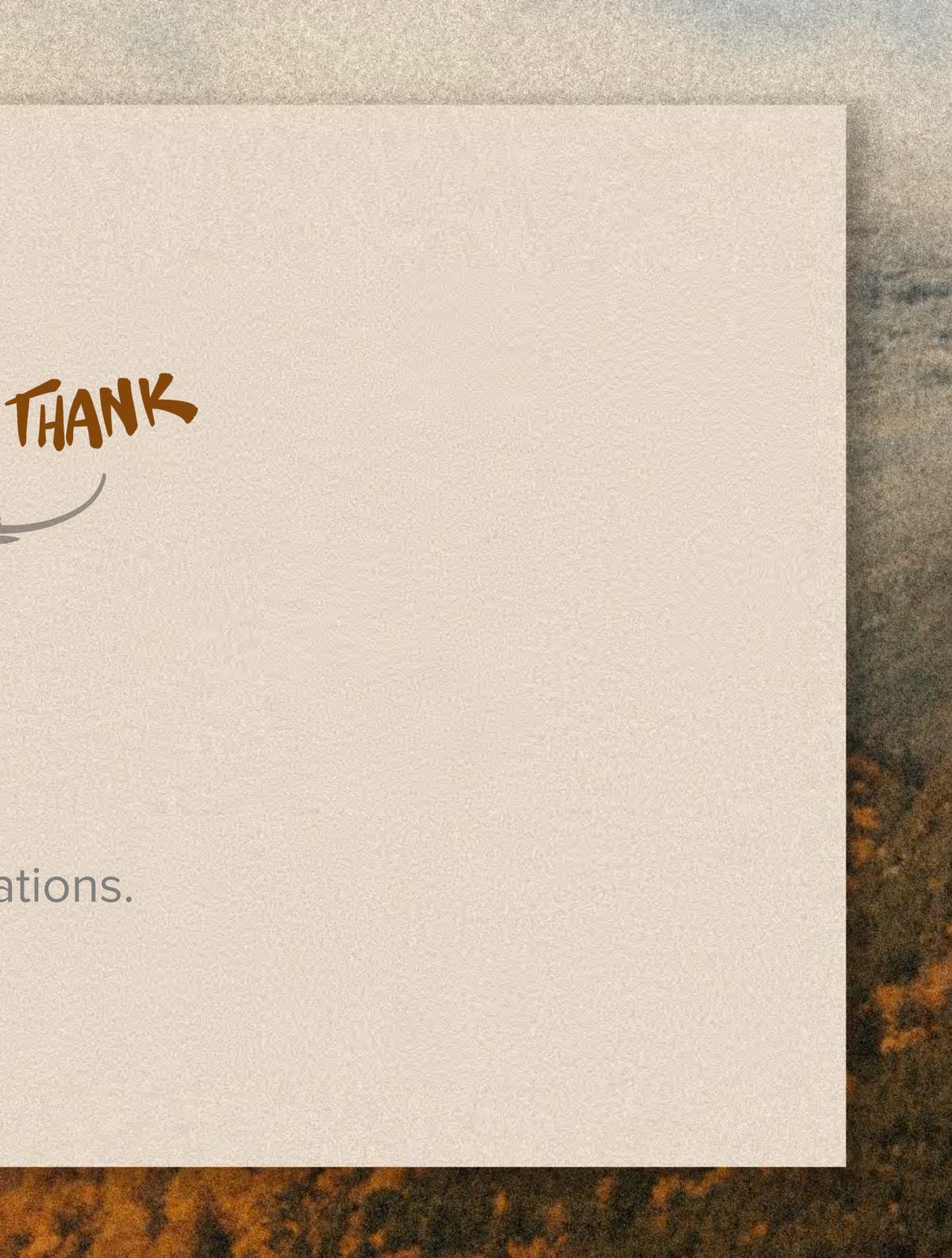
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Psalm 100 net WHO GROOMS

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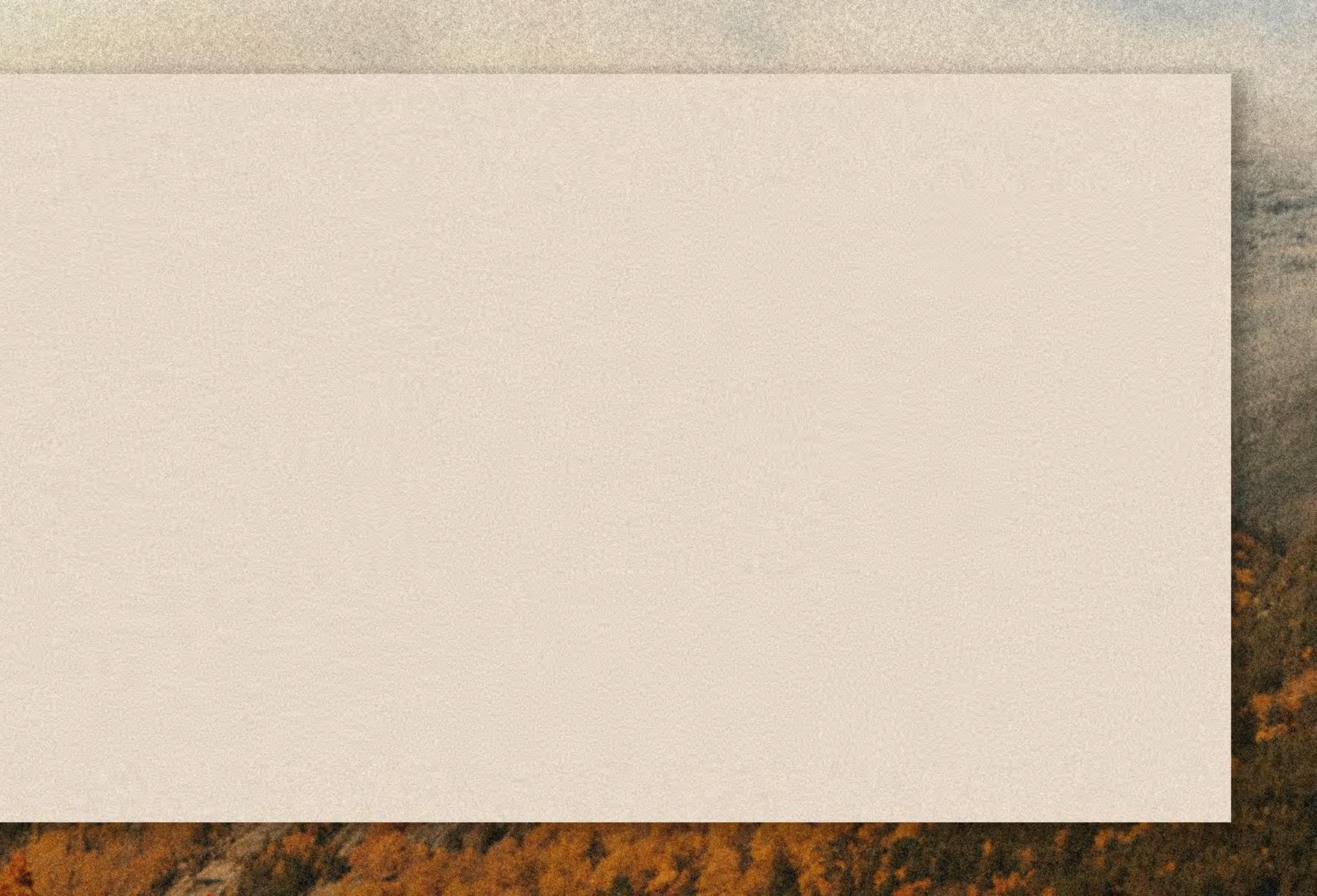




Think

What if... If only...

Worry





Think

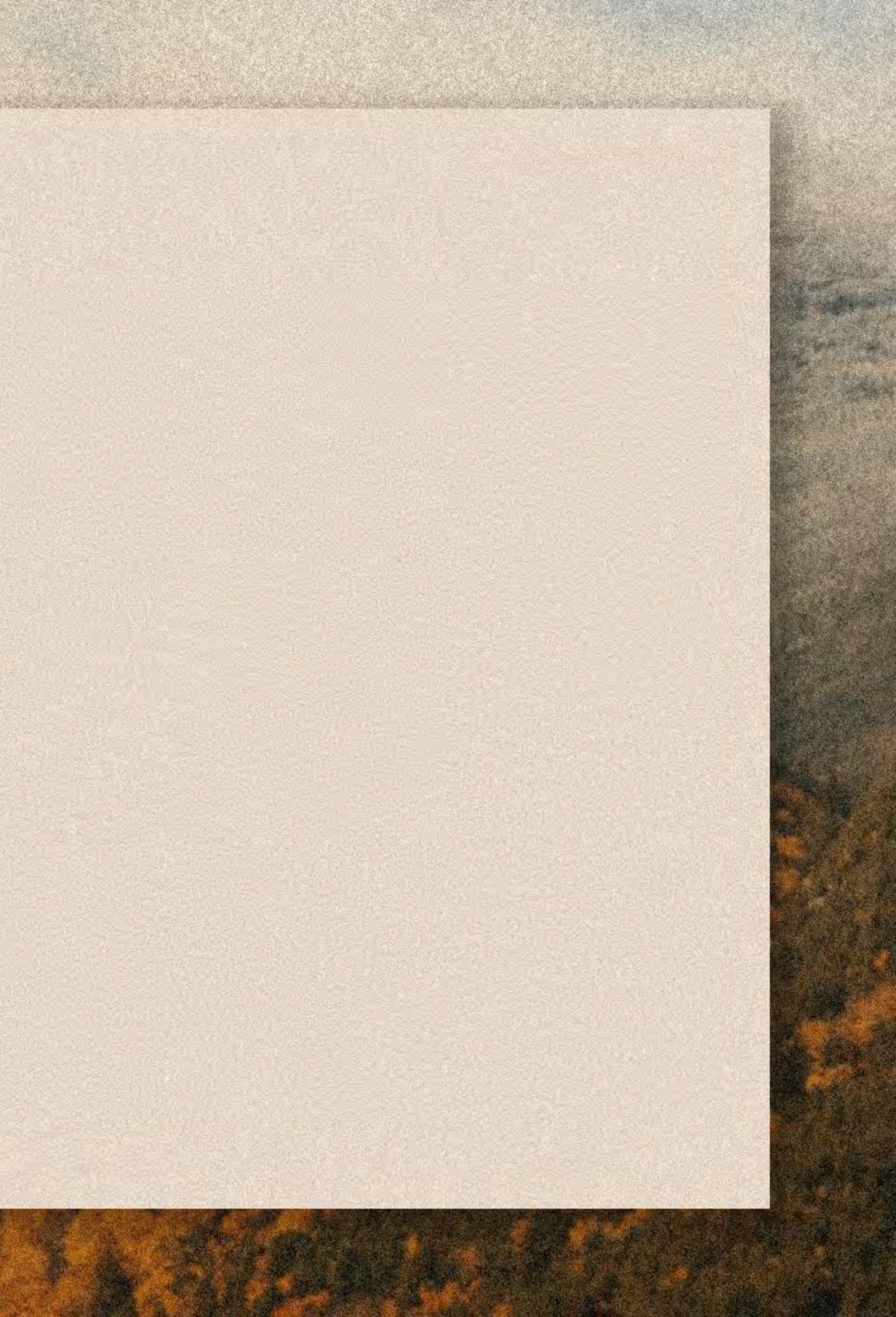
What if... If only...

Worry

Think

Who God is... What God does...

Thank





Bless the Lord, O my soul, And all that is within me, bless His holy name. ² Bless the Lord, O my soul, And forget none of His benefits.

- Psalm 103:1-2 nasb

