



Providing socialization insights which incite
personal and interpersonal growth!™

Dealing with Anxiety

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What do you fear?

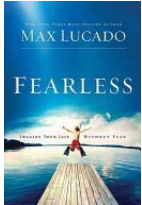
Injury, illness, death?

Spiders, black cats, heights?

Something happening to your children, broken relationships, or financial ruin?

Failure, or maybe even success?

From the time we first become aware of the potential for catastrophe, we know the feeling of fear. Even my two-year-old, who saw a car flipped over a few weeks ago on a snowy day, now says frequently as we drive around town, "Be careful, Mom! Car flip over? Get hurt? ...God will take care of us!"



He's got the right idea! I've been spending time thinking about the role fear plays in our lives after recently reading the book, "[Fearless: Imagine a Life Without Fear](#)," by Max Lucado. It's a reassuring look at the assurance many of us receive from knowing to whom we belong, who is controlling all of life, and where we are going when life here on earth is finished.

Yet the reality is that fear often threatens to invade our lives, both as instantaneous fight-or-flight-provoking experiences, or gnawing lay-awake-at-night concerns.

Fear can be a helpful emotion, if it prompts us to respond in ways that keep us safe and healthy, and help us to maintain supportive relationships or get our needs met.

However, fear can also shut us down, or cause us to act impulsively in ways that endanger our health, relationships, well-being, or even our lives. Many people suffer from debilitating anxiety, only sometimes successfully alleviated through medications, therapy, and other supports. (For specific statistics on the prevalence of anxiety disorders in adults, you can start by [clicking here](#)). Today we are increasingly aware of the significance of anxiety even among children and teens. ([Click here for more information](#)).

Although life experiences and increasing maturity can help decrease anxiety in some people, for others, more deliberate strategies are needed. In addition to Max Lucado's excellent book, we have compiled several resources for people of all ages which you can find below.

"[Don't worry...](#)" Sometimes it's easier said than done. But it's worth the effort expended to conquer our fears so that we can enjoy the blessings of each day that's given to us!

Laurel Falvo, CFLE
SOCIAL INCITES, LLC
www.socialincites.com
laurel@socialincites.com

ANXIETY RESOURCES:

- [Fearless: Imagine Your Life Without Fear](#), by Max Lucado
- [Quotes on anxiety](#)
- Books for children (to use with adult help):
 - o [Anxiety-Free Kids](#), by Bonnie Zucker
 - o [What to Do When You're Scared and Worried](#), by James Crist
 - o [What to Do When You Worry Too Much](#), by Dawn Huebner
 - o [When My Worries Get Too Big](#), by Kari Dunn Buron
 - o [Wilma Jean, the Worry Machine](#), by Julia Cook
- Books for adults:
 - o [Overcoming Fear, Worry, and Anxiety](#), by Elyse Fitzpatrick
 - o [The Worry Cure: Seven Steps to Stop Worry from Stopping You](#), by Robert Leahy

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