



Gratitude

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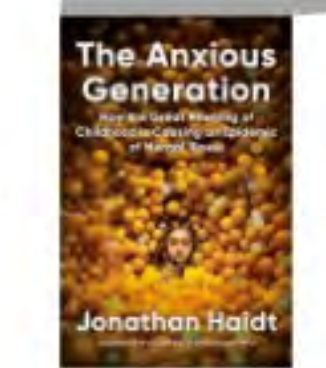
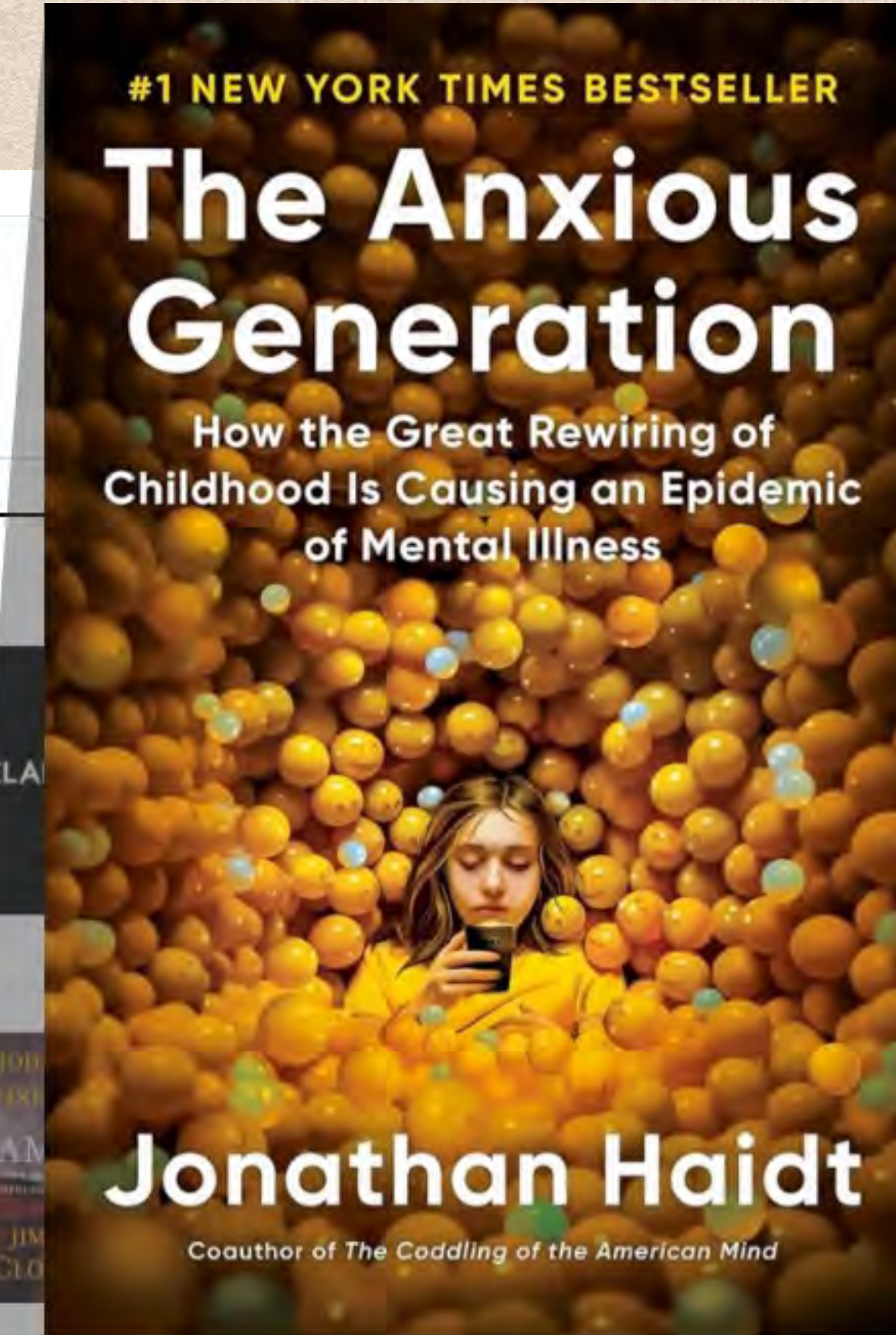
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2C | THURSDAY, AUGUST 18, 2022 | FLORIDA TODAY

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

Barbara Fradkin
One Senior Place
Guest columnist

HEALTH

People seeking help for anxiety on the increase

FREYA 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 psychiatric illness has risen by 4.2 per cent in the last 12 months.

Dan said the majority of his clients are women, and more than men.

"The anxiety, stress and depression can damage their relationships, friendships and careers and they don't just have to live with their anxiety, stress and depression. I've found that the more people I help, the more they refer others to me when they see them struggling."

"As an expert in these areas, my role is to help them break those thoughts and patterns so they can break free of unwanted thoughts and feelings and move forward feeling calm, confident and in control and really start enjoying life more again."

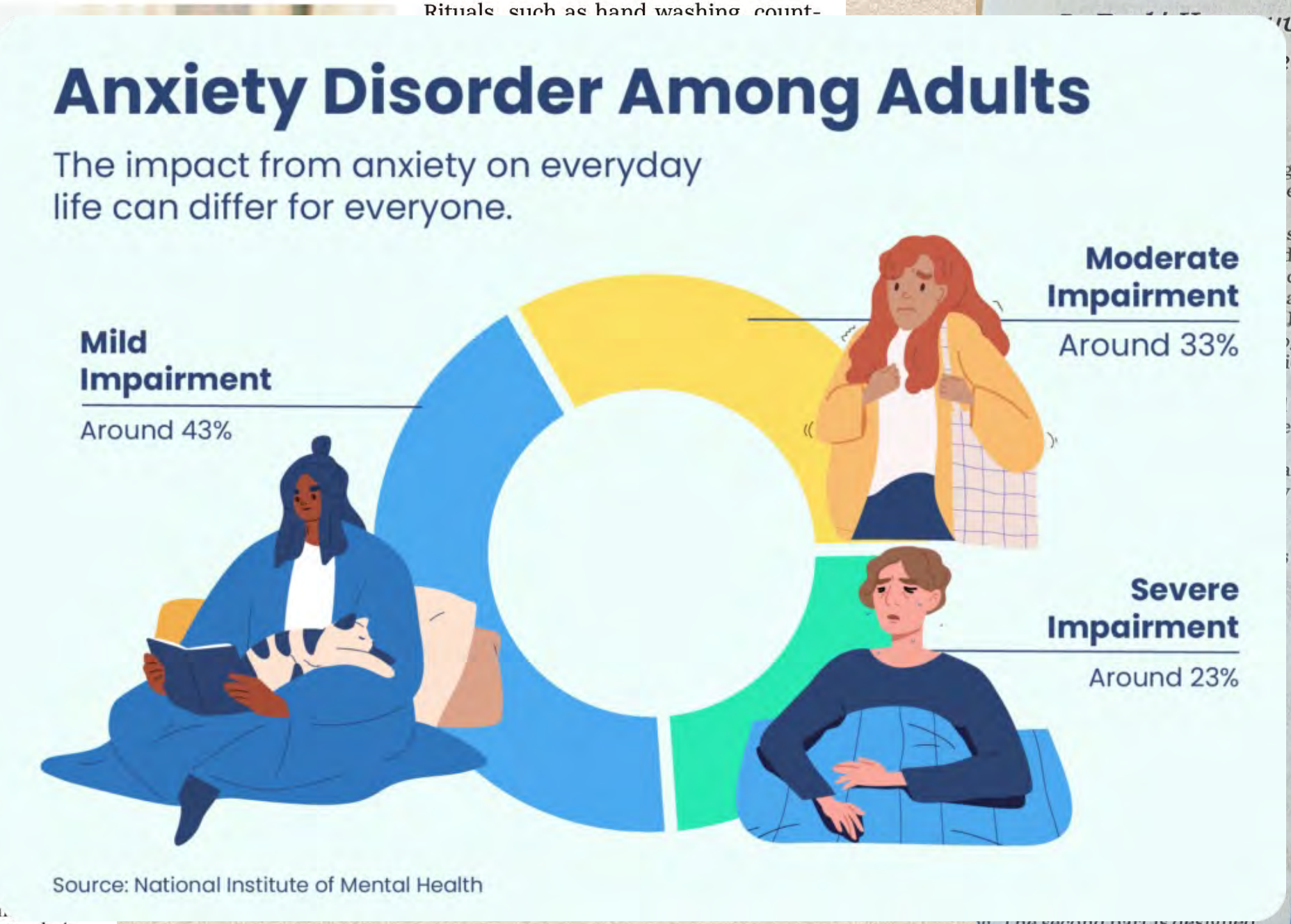
The hypnotherapist said talking to someone who will be "supportive and constructive" is a good starting point.

"Many people with anxiety, stress and depression can feel that no one will want to listen to them and they may also have become adept at working around it and giving the appearance of being OK to the outside world," he said.

"Yet all those internal thoughts and feelings can simply multi-



EXPERT: Hypnotherapist Dan Regan



Q: Is anxiety genetic or does it...

"Fears and anxieties are very common in our dogs," says Vancouver author...

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*

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.

“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.

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THINK



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WHO GOD IS →

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Give him thanks! Praise his name!

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WHAT GOD DOES



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*