

FOR IMMEDIATE RELEASE

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Grace UMC small group to address anxiety-related issues

Does the uncertainty and chaos of life keep you up at night? Is irrational worry your constant companion? Could you use some calm?

If the answer is yes, you are not alone. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years.

Even students are feeling it. One psychologist reports that the average high school student today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety.

To help address this nationwide problem, Cheyenne's Grace United Methodist Church is offering a 6-week small-group program this fall based around popular Christian author Max Lucado's new book, "Anxious for Nothing: Finding Calm in a Chaotic World."

The DVD/study guide program invites readers to delve into Philippians 4:6-7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

In his characteristic tone, Lucado guides readers through this Scripture passage and explains the key concepts of celebration, asking for help, leaving our concerns and meditating.

The program begins at 6:30 p.m. Wednesday, Oct. 11, and continues weekly until Nov. 15 in Grace Hall at the church, 2950 Spruce Drive, Cheyenne. Cost is \$30 per person, which includes the book and study guide.

To register, contact course facilitator Brian Martin by email at brianmartin1970@gmail.com or call (307) 630-8957 by Friday, Sept. 29.