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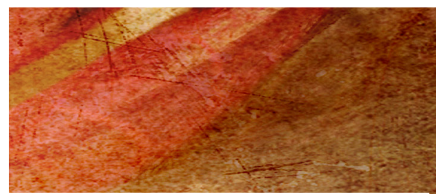




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Today's Anxiety Epidemic: How To Fight The Fear

The statistics are alarming: 1 in 5 Americans suffers from an anxiety disorder. Common ailments include generalized anxiety disorder (GAD), social anxiety and panic disorder. For too many, anxiety is a constant and the symptoms take a toll. Today's average person is living life on high alert, stressed, worried and paralyzed. What is going on, and how do you cope with it?

Why is Everyone So Anxious?

People are living in an increasingly busy and demanding society. Not only are you supposed to work hard and be successful, but you

also are supposed to look good while doing it. You need to focus, multi-task and be busy all the time. Many people experience the height of their anxiety when they have nothing to do, because those moments have become uncomfortable for them.

People are Overwhelmed and Overstimulated

Smartphones, television, tablets and flashy billboards are vying for your attention. Unwinding means binge-watching entire seasons of television shows on Netflix or surfing the internet for hours on end. Just the act of staying on top of emails is overwhelming.



pressure to look young, fit and beautiful has created a culture of obsessive dieting and exercising. Women are often expected to succeed professionally while still maintaining traditional responsibilities in the home. Men and women alike are so wound up by the time they go to bed, they can't even sleep. Their minds are going around in circles, thinking about everything they didn't get done today and what they will have to do tomorrow. Where does it end?

Anxiety Is Debilitating

Social media, too much news and information, financial stress and isolation are other causes. There seems to be no reprieve from the barrage of demands for our time and focus, two things that are in short supply.

Competition is Tough and the Bar is High

From grade school through college and beyond, everyone is in competition with each other. The pressure to succeed, to excel at everything and to be everything to everyone is real.

Women in particular face unrealistic expectations. The

Living with anxiety wears you out physically and emotionally, and sucks the joy out of living. If you are suffering from anxiety, you may find yourself getting sick more often. Constant stress degrades the immune system, making you more susceptible to illness. Sleep deprivation adds to the problem. People with chronic anxiety may also face frequent bouts of intestinal discomfort, muscle tension and headaches.

Common Anxiety Symptoms

Generalized anxiety disorder is not the same as panic disorder, although the two may be co-occurring. Anxiety symptoms

include, but are not limited to:

- . Restlessness
- . Irritability and anger
- . Difficulty concentrating
- . Hypervigilance
- . Inability to sleep
- . Fatigue
- . Difficulty socializing
- . Muscle tension

Many people, not realizing that their inability to relax, focus or enjoy daily activities is due to anxiety, may refer to themselves as “high-strung” or “tightly wound.”

Coping with Anxiety

Unfortunately, the anxiety epidemic seems to have contributed to another epidemic: prescription drug addiction. While medication can be a useful tool in the treatment of anxiety, it isn't a cure, nor a likely long-term solution. Not only are common medications highly addictive, but they also carry a wide range of side effects that can affect daily life.

Anxiety is a treatable disorder, and there are a variety of tools and coping skills that can help reduce symptoms. One area that is often overlooked is lifestyle change. Because our society values busyness and productivity over well-being, many people will take medication and keep going rather than change their routine

to allow for less stress and more downtime.

Here are some changes you can make to your routine that will help reduce anxiety in your life: Evaluate Your Commitments

Overscheduling, which leaves you with too much to do and too little time to do it, is a common lament among anxiety sufferers. If you are so busy that you have no time to catch your breath, relax or take care of yourself, it's time to rethink your commitments. Write down your weekly schedule and start eliminating. Are there things that you dread doing each day? Are they necessary? Can you start saying no to additional demands on your time?

You don't have to do everything. Ask for help more often and consider delegating tasks that can be done by someone else. Get rid of excess activities that you don't absolutely need to do. Work downtime into your schedule.

Incorporate Exercise Into Your Routine

Even 15 minutes of exercise a few days a week can make a difference. You don't have to go to the gym or buy exercise equipment that will just clutter your house. Strength training

moves or a walk or jog around the neighborhood are easy ways to get in some activity. A short yoga routine or cardiovascular workout are good options as well.

Improve Your Nutrition/Diet

Sugar and caffeine are the basic food groups of the stressed and anxious. If you are cramming sugary foods and energy drinks or coffee into your diet to give you the energy you need to get through the day, you are contributing to your anxiety. Cut the sugar and replace it with foods high in protein and nutrients. Replace excessive caffeine with vitamin B12. Drink herbal teas such as chamomile, peppermint, and green tea for their calming benefits. Vitamin D and omega-3 fatty acids have been regarded as helpful in reducing stress and anxiety, too. Your body and mind will thank you for making better nutritional choices!

Limit Screen Time

Cutting hours spent on your smartphone, tablet or computer can also help you feel more relaxed and less anxious. Start by limiting social media. Give yourself breaks from the screen to rest your eyes and your mind. Shut off all screens (including the television) at least one hour before bedtime.

Cultivate Support

As connected as we are, we are also isolated. If you aren't getting support from positive people, you may feel lonely, overburdened and detached. These feelings can increase your anxiety levels. Make time to meet friends face-to-face. Call people on the phone. Social media doesn't count here.

Nurture Your Spirituality

You don't have to be religious to nurture your spirituality. People who cultivate spiritual practices are less likely to suffer from anxiety, panic and depression. Explore your options. If you have a religious belief, practice it. If you don't, then find alternative ways to express your spiritual side. Consider practicing yoga, meditation, gratitude and service. Volunteer, go on a meditation retreat or spend time in nature.

Limit Negative Media

What you put in your mind is just as important as what you put in your body. If the news is a steady drone in the background of your life, it's time to cut it. Most mainstream media is filled with negativity. Even if you don't notice it, constant exposure to negative media gives you an unrealistic view of the world at large. Limit news intake and find sources of information that

aren't so fear-based and sensational. You also should get rid of "reality" television while you're at it.



Coping with Anxiety in the Moment

Lifestyle change is a process, not an overnight solution. But if you are struggling right now, you need solutions right now. Don't underestimate the power of simple tools, such as deep breathing and reality checking, to bring you relief. Naming your feelings in the moment can take the power out of them. Journaling can help you gain perspective and release some of the clutter in your brain.

Finally, seek support in the form of friends, therapy, or support groups. Always consult with your doctor for your best approach to coping with your anxiety and know that you are not alone in this anxiety epidemic. Hopefully, we can all do our part to help to lessen its grip on so many in our society.



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September Events

NCG Free Family Film Festival

Sept 1 - 3 - The Secret Life of Pets
Sept 8 - 10 The Angry Birds Movie • Sept 15 - 17 The Little Rascals
Sept 22 - 24 Storks • Sept 29 - Oct 1 Ice Age

Tickets are available at the theater on the day of the show on a first come first serve basis.

NCG Cinemas, 55 Fischer Crossings Blvd., Sharpsburg

www.ncgmovies.com

Peachtree City Farmer's Market

Sept 1 - 30 • 9 a.m. to 5 p.m. • Cecil B. Day Butterfly Center
Enjoy our month-long display of nature at its finest! Marvel at the Blue Morpho as hundreds of these tropical butterflies fill the Day Butterfly Center with their iridescent-blue splendor. If the trend continues, visitors to the Day Butterfly Center will witness the largest display of Blue Morpho Butterflies on the planet during September.

Join us Sept. 16 for a Blue Morpho Butterfly Reception. For only \$25, guests will have exclusive after-hours access to the Cecil B. Day Butterfly Center. Each guest will receive a complimentary glass of red wine or red grape juice, which the blue morphos are attracted to. As guests stroll through the Butterfly Center enjoying their beverage, they will have up-close and personal experiences with these beautiful iridescent blue butterflies.

www.callawaygardens.com

Home Depot Workshop Harvest Yard Signs

Sept 3 6:30 PM - 8:30 PM

Learn to build seasonal yard signs. Join our Associate-led demonstration and you'll be shown how to use carpenter's tools to measure and cut the wood to create fun yard decor with a Harvest or Halloween theme. In addition, our Associate will also demonstrate the safe use of common project tools like jigsaws, drills and clamps. At the end of the workshop, Store Associates can help you shop for everything you need to create your own project at home. The Home Depot Workshops are designed to provide a mix of associate led instruction, demonstration, and some hands-on earning. Materials can be purchased to make your own project. For more information, contact your local Home Depot store. PTC Home Depot: 2715 W. Hwy. 54, Peachtree City, GA

Newnan Home Depot: 1100 Bullsboro Dr, Newnan, GA
Fayetteville Home Depot: 103 Pavillion Pkwy, Fayetteville, GA

For more info: **Call PTC location at 678-364-0186,
Newnan location at 770-252-1585 or Fayetteville
location at 770-461-9819**

Yellow Daisy Festival at Stone Mountain

Sept 7-10

Despite its growth from a small arts & crafts show to the four-day event that it has become today, the Yellow Daisy Festival continues to be a big show with a small-town feel. The mission of re-connecting families and friends with fun, shopping, live entertainment and good food has remained constant over the past forty-nine years. Multi-generations of mothers, daughters, and grandmothers meander the wooded trails together in search of the perfect item.

More than 400 artists and crafters from 33 States and two countries display their works for your appreciation and purchase. Enjoy daily live entertainment, Children's Corner activities, fabulous festival foods and crafter demonstrations throughout the event. Yellow Daisy Festival is free with paid parking admission. Vehicle entry to the park is \$15 for a one-day permit or \$40 for an annual permit.

www.stonemountainpark.com

B98 Movie Night ft. The Secret Life of Pets!

Sept 9 7 PM - 11 PM

Join us September 9th at the Glenloch Recreation Center for B at the Movies! The radio station B98 will be hosting a family-friendly movie night with activities starting around 7 PM, and the movie beginning around 9 PM. We will be showing The Secret Life of Pets, and your LEASHED furry friends are welcome to join! The Fayette Humane Society and the GA Heartland Humane Society will also be bringing adoptable dogs so consider adopting a companion if you don't have one already. See you on the 9th! 601 Stevens Entry • Peachtree City, GA 30269
<http://www.peachtree-city.org>

Pat Benatar and Neil Giraldo I TOTO

Sept 10 Gates open 7 PM

Two multi-Grammy Award winning groups, Pat Benatar & Neil Giraldo and TOTO, will team up to co-headline this fantastic show. Benatar and Neil Giraldo are a powerhouse duo. Since 1979, Benatar and Giraldo have formed one of the most successful partnerships in music history. During their nearly four-decade career, they have won an unprecedented, four consecutive Grammy awards as well as three American Music awards. Their undeniable chemistry, Benatar's mezzo-soprano vocal range and Giraldo's trail blazing work as a producer, guitarist and songwriter created some of rock's most memorable hits. These include, "Promises in the Dark", "Hell is For Children", "We Live For Love", "Love Is A Battlefield", "Hit me with Your Best Shot" and "We Belong". Earlier this year, they recorded "Shine", a new song written with Linda Perry, celebrating women's rights around the world.

With close to 40 years together and literally thousands of credits, including the biggest selling album of all time: Michael Jackson's Thriller, and accolades to their names, TOTO remains one of the top selling touring and recording acts in the world.

The Fred Amphitheater • 201 McIntosh Trail, Peachtree City
[amphitheater.org](http://www.amphitheater.org)

Toddler Time: Sea Stars

Sept 11 10 AM - 11:30 AM

Take a 'dip' into Georgia Aquarium with your toddler, without the time or cost commitment of our General Admission ticket. Bring your little one on a fun and educational adventure in Georgia Aquarium's Oceans Ballroom with views of beluga whales or whale sharks and manta rays. During each 1.5 hour experience, children will meet and learn about an approachable animal during a special introduction to marine life, enjoy a costumed character appearance, story time, craft activities and a small snack. Each month will feature a different animal encounter and theme.

One adult/child pair - cost does not include Aquarium Admission \$20 (\$10 per person) - Non-Member \$16 (\$8 per person) - Member

A paid adult must accompany child(ren). Advance registration required. Tickets will not be sold at the door. All adults and all children must have a paid ticket to this event to attend. Intended for children ages 0-3 years.

Cost does not include Aquarium Admission. Access to Toddler Time via Oceans Ballroom Entrance on first floor of the parking garage ONLY.

Georgia Aquarium 225 Baker Street NW, Atlanta, GA 30313
<http://www.georgiaaquarium.org>

Inman Farm Heritage Days

Sept 15 through Sept 17

21st annual Inman Farm Heritage Days! Inman Farm Heritage

September Events

Days truly is a community event. We provide the grounds, but it takes hundreds of people to make the show happen. Most show exhibits, others park cars or handle registration or help keep the grounds clean. The work begins months ahead of time, but in the end it's all worth it. For three days in the fall, we get to remember a simpler time and pay tribute to the people in our little farming community who for generations worked the fields and maintained our way of life.

There is no admission fee for Inman Farm Heritage Days, but you can help offset the cost by purchasing the programs, t-shirts and other items that we'll have for sale.

283 Hills Bridge Road Fayetteville • 770-461-2840
www.mintersfarm.com

Fayette Idol at the Southern Ground Amphitheater

Sept 16

Gates open 5:00 p.m., competition @ 6:00 p.m. Category I - Ages 7-11 yrs. Category II Ages 12-15 yrs.

Category III - Ages 16 - 21 yrs. Category IV - Ages 21 and Over
Event Admission: \$5.00 Adults; Children 12 and Under \$2.00

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40th Annual Shakerag Arts & Crafts Festival

The Shakerag Arts & Crafts Festival features a wide variety of handcrafted goods such as home décor, jewelry, accessories, garden items and much more. Approximately 135 arts, crafts and food vendors come from all over Georgia and nearby states to be a part of this annual show.

Shakerag Knoll, 191 McIntosh Trail. Peachtree City
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Sept 23 9 AM - 5PM

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ptcdragonboats.org

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42nd Annual Tyrone Founders Day Festival September 30th - October 8th. We will have a variety of different things to make you and your family glad you attended! Carnival Rides, Pro Wrestling, Bands, 5K, Strongman Contest, Fishing Rodeo, BBQ Cook-Off, Vendors, Performances, Contests, Parade, Tyrone Sweetheart Pageant, One Worship Celebration, Jazz in the Park, Movie in the Park and Fireworks. Location: Shamrock and Handley Parks

www.tyronefoundersday.org

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The Taste of Newnan is a fun-filled, family event that is hosted twice a year along the square in downtown Newnan, where the entire community is invited to sample menu items from our fantastic Newnan-Coweta restaurants and caterers. During the event, a crowd of over 7,000 visitors come downtown to try "tastes" (small food or drink portions) from over 40 local Newnan-Coweta food vendors. Each taste ranges between 1- 10 tickets, with each ticket costing \$1. The event begins at 5:00 p.m., and lasts until 8:30 p.m.

Entertainment is also provided during the event, with two stages featuring family-friendly, live music, and a "Kid's Zone" along West Washington Avenue, equipped with rides, games, face painting and more! Tickets will be sold for \$1.00 each at the event, or you can beat the crowds and purchase your tickets in advance at one of several downtown locations. Ticket sales at select downtown locations will end at 12:00 noon on the day of the event. The event is open to the public and there is no admission charge.

www.mainstreetnewnan.com

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Essentials for Human Happiness and Their Effects

Human happiness is a subject that is well-researched and that has been commented on by philosophers going back to the days of the Greeks. Much argument exists over what is needed for a person to be happy and live a satisfying life versus what a person would like for a happy life, and the argument will probably always exist. However, the following paragraphs will demonstrate what some of the things are that seem to be essential for personal happiness. The more of these essentials that a person has in his or her life, the less anxiety he or she will experience.

The first, and probably most important thing that any human desires, whether he or she is aware of it or not, is connection with fellow human beings. Humans are social creatures by nature, and having less social activity than one desires leads to one feeling unhappy. In the case of the anxious, severe anxiety results, and many socially anxious persons can attest to this fact. It seems that human interaction with other humans over the various forms of media such as the internet or phone is much less satisfying than in-person interactions. However, for many,

this is the only social stimulation one's anxiety can tolerate, and for others, even this is difficult. If a person does not have friends in real life, he or she must challenge him or herself to make some. The vast majority of people on this planet do not even have one real friend. A real friend is someone who can be counted on to be of help in even the worst of situations. Real friends listen to their friend's problems, try to help, and do not stab their friends in the back. If one can make one real friend that meets these criteria in one's lifetime, then that is a real success. Many people know who the person is who has seemingly several hundred "friends", but a more accurate way to describe these "friends" is that they are acquaintances. In reality, this social butterfly may not know anything about that person other than possibly that person's first name.

The second human essential that is needed is a person to emotionally vent to. For men, this is typically the spouse. For those that are single, this may be a trusted friend whom one has known for years. Many of the socially anxious do not have any friends, let alone one who listens to their problems. Every human needs a release valve, a way of blowing off the steam. Otherwise, those nasty

feelings are kept inside and the person ends up taking out the nasty feelings on him or herself or other people. The socially anxious become increasingly anxious, and rather than placing the blame of the problem in an appropriate place, they place the blame on themselves.

The third essential for human happiness is meaningful activity. Everyone needs to have a job or activity that they enjoy and derive satisfaction from. In America, it is said that most people "hate their jobs," and this is probably true. Having to spend forty hours per week or more doing something that one does not want to do leads to a ton of stress, misery, and anxiety. That is why it is best to do work that is enjoyable for that person, and what is enjoyable can look vary different from person to person. Additionally, it is important to encourage children to find career interests that they see as enjoyable and fulfilling.

The fourth human essential that gives people happiness is having an enjoyable or entertaining hobby. Some of us like movies, some like arts and crafts, and others like video games. All these activities are meant to give a person time to enjoy by themselves or with other people. Some meaningless activity that only serves to give

one pleasure and entertainment is necessary for one to maintain his or her sanity. When one has to work and do things that he or she does not want to do or has to do them for other people, one becomes stressed, miserable, and anxious. Some relief is needed, and it is up to each one of us to find out what works for us.

The fifth human essential, of which there is a great lack in America, is physical activity. Our bodies need regular maintenance in order to stay in good shape and to be healthy. Besides that, people enjoy psychological benefits such as increased self-esteem, confidence, and general well-being. Anxiety-sufferers in particular experience reduced anxiety as a result of exercise. The benefits of regular, appropriate amounts of exercise goes on and on.

The sixth human essential that again is abused in America, is eating a healthy diet. If our body lacks a certain vitamin, mineral, or other substance, it lets us know about it! If a person eats too many salty products, his or her body retains water from the additional salt and that person gains weight! Processed foods (anything in restaurants and many home products) are loaded with excessive amounts of fat, grease,

and sugar and simultaneously lack many important substances that anxiety-sufferers need such as magnesium, vitamin B-6, and tryptophan (see Anxiety Support Network's article entitled Tips for an Anxiety-Friendly Diet for further details). The better diet a person eats, the more healthy he or she will feel, and the more his or her anxiety will reduce!

The final human essential is a strong spirituality. This is very helpful when recovering from any condition, including anxiety. This article will not debate which spirituality is best or correct, but what does seem to hold true is that knowing that something beyond is in control helps to alleviate a ton of psychological stress.. While not as much time is spent discussing this topic as others, this is nonetheless a very important step.

In sum, these are the things that if anyone implements into their life, that they in turn will experience a corresponding increase in personal happiness and satisfaction! What is the goal of life? This differs for people, but many believe that one's happiness and satisfaction is the best thing to have in life. After years of being anxious, would not many anxiety-sufferers also agree?



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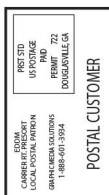


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