

Do you have anxiety attacks or know of someone that has anxiety attacks? I do. And to watch someone manage this fear is difficult. You feel so helpless. A study by the World Health Organization shows that the odds of developing an anxiety disorder has doubled in the past 4 decades. Doubled in the last 40 years!! What in the world is going on?

Some of the Why's this is happening includes the world we live in today. Today more people are moving to strange cities. Today more people are getting jobs in new industries. Today more people have more uncertainty about their future. Today more bad things are happening to people. Today we must manage so much more change than we ever have had.

And with the change brings chaos and disorder. It is the natural order of things but it can be very unsettling. Many people can manage in their own way – they may not necessarily have high levels of anxiety, but many still are managing some levels of anxiety and their doing it most of the time.

The places that we work, play, pray or have fun at are all in the constancy of change.