

Counseling Corner

Mrs. Vardijan & Mrs. Keirn



Have no fear. Have you ever sat during Mass and listened when the priest says those words, that specific request to keep us free from all worry and useless anxiety? I am reminded of so many moments in my life that I can say I have been faced with those feelings of worry and useless anxiety. I often wondered why the priest says "useless" when referring to anxiety. It is true. Worrying is not productive. We are reminded by the saints that worry is not helpful. Padre Pio would say, "Pray, hope and do not worry."

It is said that the words "Be not afraid" appear in Scripture 366 times one for each day of the year (leap years included).

As we see an increase in anxiety disorders in children, we thought it would be helpful to include some resources if you see your child struggle with feelings of being anxious.



Resources

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx

<https://deanofstudents.catholic.edu/wellness/emotional-health/stress.html>

<https://grottonetwork.com/keep-the-faith/prayer/catholic-saint-for-anxiety>

As always, Mrs. Keirn and I are just a phone call away if you want to discuss further. God Bless.

Do not be afraid to ask for help. God will never forsake us. He places people in our lives for a reason; to help. You are not alone.

"Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus." Philippians 4:6-7