

QC0014SN - Is it Normal Worry or Abnormal Anxiety?

Anxiety is the unpleasant feeling of uncertainty or fear over what we can't see and what might happen. It's a fearful response to a "what if."

There are times when anxiety is warranted and normal, but there are times when anxiety crosses over into the abnormal and disordered.

In this podcast, we'll talk about the difference between normal and abnormal anxiety, as well as discuss some strategies for addressing anxiety when it's interfering with life.

We mention mindfulness in this episode, and one resource you might check out related to Mindfulness is the book, Holy Noticing, by Charles Stone. https://www.amazon.com/Holy-Noticing-Mindful-Between-Moments/dp/0802418570/ref=sr_1_1?dchild=1&keywords=holy+noticing&qid=1603058138&sr=8-1

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