



# THE WAY

TERM 3 : THURSDAY 2  
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## FROM THE COLLEGE CHAPLAIN

Anxiety has brought a cloud over what should be the most carefree period in life - childhood.

It seems that too many of today's young people have problems that are usually associated with older people. Studies are showing that children are feeling burdened by "external pressures" to do more, achieve more, to be more.

Child anxiety researcher Dr Vanessa Cobham, says 1 in 10 children aged 6 to 11 now have diagnosable anxiety. Children's fears include being scared of dogs, getting stuck in an elevator, or failing an exam. A parent from another school told me recently that her son in Year 12 cannot walk into an examination room without having a panic attack. It doesn't matter that the likelihood of these awful things happening is slim. Too many children see them as probable.

Paediatrician, Dr Elizabeth Green, says anxiety has never been so widespread and meltdowns in kids so common. This is because children are overprotected, pushed too hard, and allowed to "relax" with screening devices instead of playing outdoors with friends.

Dr Sue Bartho is a clinical psychologist and cognitive behavioural therapist with extensive experience helping people with anxiety. Next Wednesday night, she will be coming to Thomas Hassall Anglican College to explore the symptoms, sources and spectrum of anxiety, and how it relates to, but differs from, depression and grief. As a Christian, Dr Bartho will look at this issue from a biblical perspective to help explain what Paul means when he says:

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)*

Dr Bartho aims to help parents and young people understand what anxiety sufferers are experiencing; and for those who experience it, to learn not to listen to the voice of fear.

For bookings and more information, please click on the link below:

<https://www.eventbrite.com.au/e/smbc-hot-topic-at-thomas-hassall-anglican-college-living-with-anxiety-tickets-47102353407>

**Rev Stuart Tye**

College Chaplain

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