

Dealing with the Unrelenting Anxiety

Do you have the feeling we're just dealing too much? We have a nonstop cascade of anxiety producing events. I mean really, the virus, masking and social distancing, the election, civil unrest, statues, on top of the never-ending polarization on the political spectrum that's dividing friendships and families. Even strong people close to me are anxious and describe themselves as experiencing constant turmoil.

Allow me to share some thoughts on coming to grips with it all. First, it helps to have faith. If you are blessed to be a person of faith, this is the time to focus on the promises of God and release all of these anxiety producing events to the Father. None of this is a surprise to God and He alone knows where it's heading. If you study Scripture at all you'll quickly realize one of the most common commandments is that we are to "have no fear," "be not anxious," and to "cast our burdens on the Lord." These are times we called to believe and obey. It's amazing what peace you will find.

"Faith and fear both demand you believe in something you cannot see.
Which will you choose?"

-Bob Proctor, motivational speaker and author

Second, it does help to disconnect from the 24 hour news cycle and social media. There are far more important things for us to focus on than the latest speculation based on what someone has said or done. Events will continue to swirl to their conclusion without me swirling with them in a pool of anxiety producing frenzy and wakefulness.

Third, control your thinking. In her terrific book titled Your Thoughts Are Killing You, by MaryBeth Wuenschel, she suggests, among other things, that we command our mind into obedience. Think about it. We have the power to assert control over what we allow our minds to dwell

upon. Dwell upon the positive, the beautiful, the serene, the uplifting, the peaceful, the promising and the vision of what we want our lives to be now and next year and beyond.

Fourth, focus on what each of us can control. We cannot change the past, the future has not arrived, in the present moment we have control over what we do, what we think and what we are committed to create in our life. Choose now to create a detailed vision of what you want your life to be and what you want to experience. Believe in the power of that vision, dwell on it materializing and work to make it happen. Vision, the power of belief and committed action will change your life.

“Where you are a year from now is a reflection of the choices you choose to make right now.”

-Michaela Strauss, a personal trainer and a dear friend.

Live in peace my friends.

Jim Dodson is an experienced bicycle accident lawyer, cyclist and bicycle safety advocate who has been representing accident victims for over 25 years. Although his primary office is in Clearwater, he represents injury victims throughout Florida. He is the author of the [Florida Bicycle Accident Handbook](#) which answers the most commonly asked questions by injured cyclists. If you have questions about a Florida cycling accident this valuable resource is available to you absolutely free of charge at www.jimdodsonlaw.com.

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