

Dear friends:

Welcome to the fifth topic in the series Hope4HeavyHearts, a ministry dedicated to serving people by helping them to overcome the issues that weigh our hearts down and to foster the virtues that allow us to live in freedom, peace, and joy. We are glad you decided to join us on this journey.

This week we explore Anxiety, especially when it is undefined. Listen in on this short but helpful podcast as Mike Emler, Dean of the faculty at CCEF, explores the nature of anxiety and some ways to handle it.

[Click Here to Listen!](#)

Be thinking about key points:

1. Could this be a medical problem?
2. You don't need answers before you ask God.
3. Is your anxiety "debilitating"?
4. Practical suggestions: putting your problems into words; serving others.

Mike Emler is a faculty member at CCEF. He holds an MD from the University of Pennsylvania and an MDiv degree from Westminster Theological Seminary. He worked as a family physician for over ten years before joining CCEF.

Additional resources:

Book: [Anxiety and Panic Attacks](#) by Jocelyn Wallace. We would be happy to send you a complimentary copy of this book. Simply reply to this email with your mailing address to request one.

Our first optional gathering will be **Thursday April 22, 2021** at 7PM at The Reformed Presbyterian Church of North Hills, 606 Thompson Run Road, Pittsburgh PA 15237. Come for an opportunity to connect with other H4HH participants and discuss the topics. NOTE! This is a change in the date from the original.

**Be on the lookout for the next topic: Relationships/Communication**

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