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August 2006 “Hope for Women Who Worry Too Much”

“What will happen if (*insert worry*) happens to me or my kids?”

Anxiety research shows the following:

- **Women are twice as likely as men to develop an anxiety disorder**
- **2.6 million women suffer from an anxiety disorder, and worry is part of this**
- **One developmental study showed that by adolescence girls had 6 times the rate of generalized anxiety disorder than boys**
- **Anxiety disorders are the number one mental health problem among women (National Institute of Mental Health)**
- **Some researchers theorize that because women have a greater tendency to experience negative emotions, they may have a greater vulnerability to develop anxiety disorders.**

Dr. Holly Hazlett-Stevens, who has conducted extensive psychological research on anxiety disorders and worry, has written a book that offers help and hope for women who have had their lives overtaken by the negative power of worry.

In *Women Who Worry Too Much: How to Stop Worry & Anxiety from Ruining Relationships, Work & Fun*, psychologist Hazlett-Stevens explores the following themes:

- How women respond to stress differently than men
(fight-or-flight vs tend-and-befriend)**
- The difference between anxiety and worry**
- How chronic worry affects health**
- How to free yourself from avoidance behaviors that fuel anxiety**
- Simple mindfulness techniques that allay worry**
- Relax your body and mind**
- Identify “hidden moments” in daily life to relax**
- How to address worry cues and triggers**
- How to address relationship worry**
- How to address work and achievement worry**

**Television Interview: Sunday, September 24 , on KOLOTV, CH 8, 6:30 AM:
Dr. Hazlett-Stevens will discuss ways to stop the power of worry in your life.**