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with Dr. Alise Cortez

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Working on Purpose
New Episodes Weekly
March 27th 2019: Tell Your Story: Anxiety and Depression in Teens

Growing up and graduating high school comes with a lot of stress and pressure in today's exceedingly competitive times. And in a world so connected by technology, it is ironic that so many of us do not feel meaningfully connected to other people. Experiencing bouts of anxiety and depression is normal for teens – but asking for help from adults (and not fellow students and friends) is not common. Teen rock star Griffin Holtby (www.griffinholtby.com) shares about his own experience with depression, anxiety, and abandonment and how talking about them openly and “telling his story” while singing o

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Featured Guest



Griffin Holtby

Griffin Holtby is a 19-year-old singer/songwriter based in Dallas, Texas. A high energy blues rocker, Griffin plays guitar, bass and drums and sings. A voracious songwriter, he has numerous songs in his back pocket.

[Read more](#)

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