



HEALTH & WELLNESS



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**September 4th 2020: How do Anxiety and Worry
Affect Our Health, and What are Some
Strategies to Manage Them?**

This episode of the Living to 100 Club radio program explores the negative impact of anxiety and worry on our health and our longevity. Our guest is Dr. Jennifer Abel, a clinical psychologist and expert in the treatment of worry and anxiety. What are the most important things to understand about anxiety? What are the myths about "fighting" uncomfortable emotions? And what is the connection between worry and depression? These and other questions will be addressed with Dr. Abel, along with what strategies are effective in managing these difficult and unpleasant emotional states. We will also be

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Featured Guest



Jennifer Abel

Dr. Abel is an international speaker and author with over 25 years of specializing in the nature and treatment of anxiety, as well as Obsessive Compulsive Disorder, work stress, phobias, and insomnia. She has developed many innovative techniques based on empirically-proven strategies that are effective in relieving anxiety. Her first book, "Active Relaxation," was published in 2010, followed by "Resistant Anxiety, Worry, and Panic: 86 Practical Treatment Strategies for Clinicians." She also released the "Melt Worry and Relax Card Deck" in 2016, selling over 2,000 copies in just 2 years. Her most recent publication is "The Anxiety, Worry, and Depression Workbook." In addition to her public s

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