

## **5-7-18 American anxiety**

For years, Americans have topped other countries when it comes to stress and anxiety, even when compared to countries that we see as developing.

The American Psychological Association makes an annual report on stress in the U.S. based on thousands of surveys. Stress, last year, was high again.

For Americans, anxiety over the state of the nation was, for the first time, the leading stressor, followed closely by top annual contenders, money and work.

Well, of course, severe anxiety is a mental health issue, but the high level of anxiety most of us experience is less about brain chemistry and more about our spiritual chemistry.

Marcus Borg, a Biblical scholar and theologian, once said that the issues facing most American Christians of the twenty-first century are less about faith versus doubt and more about trust versus anxiety.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, across from Fisher Park.