

*****NEWS RELEASE*****

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APRIL IS STRESS AWARENESS MONTH

‘A Raising Godly Girls Guide to Tackling 8 Stressors that Girls Face Today’

AHG equips parents with a guide to leading girls through modern anxieties such as isolation, fear and more

CINCINNATI, Ohio — Today’s youth are more stressed out than ever before. Unfortunately, [girls are more impacted](#) by stress and anxiety than boys, leading to a [mental health crisis](#) for young women. Many parents and guardians are unsure [how to best address their girls’ mental health](#) and are looking for resources and answers.

As America recognizes [Stress Awareness Month](#), one of the world’s largest Christian scout-type organizations, *American Heritage Girls* (AHG, www.americanheritagegirls.org) proudly provides parents and guardians with the tools to help girls deal with [the anxieties that plague today’s youth](#). In order to equip adults with biblical truths to deal with girls’ stress, *American Heritage Girls* released ‘[A Raising Godly Girls Guide to Tackling 8 Stressors that Girls Face Today](#).’

Patti Garibay, founder and executive director of American Heritage Girls, stated, “Fear is debilitating. It manifests itself in a variety of unhealthy behaviors. Today’s teens are experiencing the effects of worry and fear in unprecedented numbers. Diagnostic interview data from the National Comorbidity Survey Adolescent Supplement shows that [31% of all youth have been diagnosed with anxiety disorders](#). Note the word ‘diagnosed.’ Imagine the percentage when we include those who have not sought medical or psychiatric help. Fear has reached pandemic levels.

“Yes, fear is part of the human condition, but as part of the Body of Christ, we are called to faith over fear. We are called to know beyond a shadow of a doubt that God will never leave us or forsake us. My prayer at this time of anxiety and distress is for each of us to dismiss fear and shine as a beacon of certainty that we serve a sovereign God who is the creator of the earth, the Prince of Peace, the Alpha and the Omega, and the Lord that provides.”

The comprehensive and useful guide dives deep into topics such as diagnosed anxiety, worst-case scenario thinking, fear of illness, panic attacks, worrying, scarcity mindset, and isolation. The guide provides biblical support as an additional foundation for parents and even has an activity in the back for girls to help cope with their stress.

Tune in to this week’s [Raising Godly Girls \(RGG\) podcast](#) and “*Raising Godly Girls*” one-minute [radio feature](#) to equip, affirm, and strengthen girls with the grit and grace they need to overcome the many stressors they may endure.

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. At *AHG*, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives *AHG* girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. *AHG* Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the *AHG* Program to their own area. An *American Heritage Girls* Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission, and vision of *AHG* from *Founder and Executive Director Patti Garibay*, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the *AHG* program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine.

AHG offers various resources under [“Raising Godly Girls,”](#) including a [weekly podcast](#), one-minute radio features, a blog, and guides for parents. All [“Raising Godly Girls”](#) platforms and materials offer guidance and biblically-based advice on various topics affecting girls today, such as bullying, identity, anxiety, and body image issues. [“Raising Godly Girls”](#) provides parents, educators, and faith community leaders with tools, resources, and Scripture-based advice to help raise girls after God’s own heart.

AHG’s new podcast, [“Raising Godly Girls,”](#) features fresh episodes every Tuesday, Thursday, and Saturday. Subscribe and follow on any major podcast platform or visit [raisinggodlygirls.com](#). Additionally, the [“Raising Godly Girls Minute” with Patti Garibay](#) airs on 1000+ Christian radio stations across the country.

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To schedule interviews with *Patti Garibay*, *founder and executive director of American Heritage Girls*, contact [Media@HamiltonStrategies.com](#), Beth Bogucki, 610.584.1096 ext. 105, or Jeff Tolson, ext. 108.

To inquire about airing the [“Raising Godly Girls Minute” with Patti Garibay](#), contact [Michael Hamilton, 610.584.1096, ext. 101](#).