

# Sacred Heart Mental Wellness Re-Launches “The Catholic Guide Through Anxiety” With New Edition and Workbook

*Updated edition supports Catholics in reframing anxiety during Mental Health Awareness Month*

**Beloit, KS, April 27, 2026**—In observance of Mental Health Awareness Month this May, Sacred Heart Mental Wellness is reintroducing its bestselling book, *The Catholic Guide Through Anxiety*, now in its third edition with updated content and a new companion workbook. Originally published in 2022, the revised edition offers a practical and faith-informed approach to understanding and managing anxiety.

“Too often, mental health is treated only as a problem to fix rather than a way of life to strengthen,” said Catherine DiNuzzo, author, licensed professional counselor, and founder of Sacred Heart Mental Wellness. “Many who struggle with anxiety often internalize the lie that they aren’t strong enough, capable enough, or faithful enough to overcome it. *“The Catholic Guide Through Anxiety* reassures readers of their inherent worth and that anxiety does not define them. It explains anxiety both biologically and spiritually through a Catholic lens, affirming that each person is created good and deeply loved by God.”

The new companion workbook extends the book’s core teachings into daily life. It includes guided prompts, Scripture reflections, Catholic spiritual practices, neuroscience-informed exercises, and insights from the saints. Structured journaling pages and heartfelt invitations to prayer provide practical tools for applying the material and fostering growth.

“We challenge our readers to reach a point by the end of the book where they can thank God for their anxiety—because they understand where it comes from and recognize it as a response God designed to keep us safe, even if it’s often triggered by the wrong stimulus,” DiNuzzo said. “By understanding both the biological and spiritual dimensions of anxiety, we can move from worry to trust, and from overwhelm to rest in the Sacred Heart of Jesus.”

The third edition of *The Catholic Guide Through Anxiety* is now available in [English](#) and [Spanish](#). The [companion workbook](#) is suitable for individual use as well as group studies, parish programs, retreats, book clubs, therapy, and spiritual direction.

In recognition of Mental Health Awareness Month, Sacred Heart Mental Wellness is offering two [Mental Health Minutes](#) audio features for Catholic radio. For more information and to access the full press kit, visit <https://www.sacredheartmentalwellness.com/presskit>.

Catherine DiNuzzo is available for comment. To schedule an interview, contact Carrie Kline at [carriek@missionadvancementpartners.com](mailto:carriek@missionadvancementpartners.com).

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**About Sacred Heart Mental Wellness:** Sacred Heart Mental Wellness provides a proactive, faith-informed approach to mental health. Founded in 2020, the organization equips individuals with

practical tools and strategies to navigate anxiety and life's challenges with clarity, resilience, and spiritual grounding.