

Integrative

APPROACH TO ANXIETY

Medication will not cure anxiety disorders but it can minimize or eliminate symptoms while you receive psychotherapy. Psychotherapy involves talking with a trained mental health professional, such as a psychiatrist, psychologist, social worker, or counselor, to discover what is causing, or contributing to anxiety. It can help you explore how to deal with your symptoms. Integrative approaches offer a variety of additional therapeutic modalities to support conventional treatment methods and can reduce the physical and psychological symptoms associated with anxiety disorders.



Medications:

- Antidepressants
- Serotonin Reuptake Inhibitors (SSRIs)
- Tricyclics
- Monoamine Oxidase Inhibitors (MAOIs)
- Anti-anxiety
- Beta Blockers

Forms of Psychotherapy:

- Cognitive Behavioral Therapy (CBT)
- Exposure-Based Behavioral Therapy
- Dialectical Behavioral Therapy (DBT)

Integrative Therapy Options:

- Relaxation Techniques
- Yoga
- Meditation & Mindfulness Practices
- Breathing Exercises
- Dietary Changes
- Physical Activity
- Massage/Bodywork
- Music/Sound Therapy
- Acupuncture
- Aromatherapy
- Healthy & Positive Social Connections
- Time Spent in Nature
- Animal-assisted Therapy
- Healing Touch
- Supplements (such as kava kava, L-theanine, vitamin D, magnesium, and omega-3 fatty acids)

If you are experiencing anxiety, please speak with your healthcare providers to discuss a treatment plan tailored to your needs.

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Snap Shots ,1921 **Snap out of It** Ellen Teitelman Wohl,2022-06-21 In Snap Out of It An Unexpected Caregivers Way to Self Care Stability and Survival author Ellen Teitelman Wohl shares her honest emotional sometimes funny memoir of the continuing struggle to keep life whole while her husband Jack s health falls apart over and over again bipolar disorder coronary artery disease lung cancer diabetes and normal pressure hydrocephalus among other medical conditions While Jack has a remarkable team of doctors treating him Ellen only has herself to rely on As the unexpected caregiver she deals with anxiety frustration and exhaustion day after day She thinks something is wrong with her but she eventually learns that caregiver burnout is real Her inner strength and resilience emerge through the personal discovery of snap out of it relief routines self care concepts and ideas The snaps interspersed throughout the narrative share light hearted stories personal experiences and techniques that form the basis of her mental getaways that include cooking gardening reading exercising laughing and more Ellen finally discovers support groups and guidance which she shares in this memoir Her curated resource guide leads you to websites apps and support groups dedicated to caregivers *American Lumberman* ,1906

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