



Bloom Counseling
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Anxiety

Everyone feels anxious sometimes, however when feelings of intense anxiety are overwhelming and start affecting important parts of our life (like our jobs, social life, family, etc.) an anxiety disorder may be the cause. Anxiety disorders are one of the most common mental health concerns in the United States. Everyone experiences anxiety differently, but anxiety includes at least a few of these symptoms:

Symptoms

- Feelings of apprehension or dread
- Racing heart or shortness of breath
- Inability to stop worrying
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst
- Upset stomach
- Headaches or muscle aches
- Trembling
- Trouble sleeping

Treatment

- Psychotherapy, including cognitive behavioral therapy (CBT)
- Medications, including anti-anxiety medications and antidepressants
- Complementary health approaches, including stress management and relaxation techniques

How can I manage my anxiety?

Counseling and medication are some treatments for anxiety, but simple lifestyle changes can also help.

- Get enough sleep
- Avoid stimulants such as caffeine
- Exercise regularly
- Relax using deep breathing, muscle relaxation, listening to relaxing music or guided imagery.

For more examples and information about stress management and relaxation techniques, visit www.bloomcounselingdc.com/get-started