

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.

Anxiety Relief Snapchat Prices

Tao Wei



Anxiety Relief Snapchat Prices:

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