

Anxiety and Panic Attacks

Are you are experiencing anxiety, stress, or panic attacks? These feelings may be creating difficulties at work, school, or within your personal relationships. Perhaps you recognize that you have always carried a heightened level of anxiety but recently it has become harder to keep under control. The effects of toxic anxiety can cause:

- Excessive worrying/rumination
- Racing thoughts
- Lack of concentration
- Sleep problems
- Problems with testing and lack of focus
- Academic problems or failure
- Poor work performance
- Physical tension/muscle spasms
- Fear of social situations
- Fear of new places or people
- Intense feelings of apprehension, fear, or terror
- Physical symptoms including shortness of breath, chest pain, or feelings of choking.

Treatment is Available

I specialize in the treatment of anxiety, chronic stress, panic attacks and OCD. The good news is that there are very effective treatments that can alleviate symptoms in a reasonable amount of time so that you can begin to reengage the world with a greater sense of calm and peace. Benefits of therapy can include:

- increased feelings of ease and confidence with family, friends, and co-workers
- a calmer, clearer mind
- better sleep patterns
- healthy lifestyle evaluation
- increased efficiency at work
- better relationships with children
- a more loving and empathetic relationship with a spouse.

Additionally, the skills and insight that you gain in therapy can be used throughout your life. You don't have to feel socially isolated with severe, debilitating symptoms of toxic anxiety.