

# ANXIETY DISORDERS

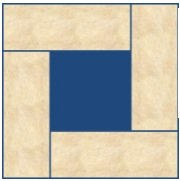
ARE TREATABLE

## WHAT IS Anxiety?

An important part of living, anxiety is a normal emotional reaction to stress, which is a biological response to a threat. Anxiety can help to motivate you or protect you from danger. However, it can also interfere with day-to-day living.

When anxiety is persistent, excessive, seemingly uncontrollable, overwhelming, and disabling or when it interferes with daily activities, you may have an anxiety disorder

**Most people with an anxiety or depressive disorder can be helped with professional care.**



**INVENTIVE COUNSELING**

[www.InventiveCounseling.com](http://www.InventiveCounseling.com)

### GET HELP NOW – You CAN feel better

**With helpful tools, anxiety can be managed**

Cognitive-behavioral therapy (CBT) is a short-term form of psychotherapy that is very effective. CBT teaches you skills to help you cope with anxiety and depression. It helps you feel more comfortable doing things that you have been afraid of or lost interest in by teaching you to deal directly with the thoughts, feelings, and behaviors that are upsetting you and to change what keeps them going.

Seeking a Marriage and Family Therapist or other mental health professional to assist with life's difficulties is a sign of courage and a step in the right direction. Ask about E.J.'s special areas of expertise (i.e. anger management, divorce, relationship counseling, depression, anxiety, trauma).

**InventiveConnect@gmail.com 919.753.6238**

Over the last

**2**  
Weeks

**How often have you been bothered by the following problems?**

- Feeling nervous, anxious, or on edge*
- Not being able to sleep or control worrying*
- Worrying too much about different things*
- Trouble relaxing*
- Being so restless that it is hard to sit still*
- Becoming easily annoyed or irritable*
- Feeling afraid, as if something awful might happen*

If you checked a number of these boxes, you may be experiencing an

**ANXIETY DISORDER**

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals. Please call or email me for an individual, couples, or family therapy consultation today.