



# Therapy For Anxiety

The Consulting Clinic, Dublin  
[www.theconsultingclinic.ie](http://www.theconsultingclinic.ie)



Do you suffer from constant anxiety? Is it impacting on your life? If so, there are effective therapeutic treatments with proven results to help you build a healthy relationship to anxiety, to improve your quality of life and to help you feel healthy and happy again.

This guide is to provide you with information on the symptoms of anxiety, the different types of anxiety and the treatment available.

## **Symptoms of anxiety**

- Fast heart beat
- Dry mouth
- Poor concentration
- Muscle tension and headaches
- Diarrhoea
- Feeling nauseous
- Tingling feeling in hands, feet or stomach
- Irritability
- Hyper vigilance
- Feeling out of control
- Constant worry
- Avoiding people or places that make you feel anxious
- A sense of helplessness
- Fear of the future
- Feeling pessimistic
- Engaging in 'what if' thoughts and predicting the worst
- Panic
- Feeling overwhelmed by your anxiety
- Feeling anxious about anxiety itself
- Seeking reassurance

## **Anxiety disorders**

**Generalised Anxiety:** Also known as GAD, is anxiety that is long term and comes into all aspects of your life. Worrying constantly about many things can often lead to GAD.

**Obsessive Compulsive Disorder:** Obsessive Compulsive Disorder is characterised by obsessions (troubling, intrusive thoughts) and compulsions (behaviours you engage in to help you cope). Often there is an underlying anxiety about 'responsibility' – safety of others, themselves etc.

Types of OCD:

- Fear of contamination
- Obsessive checking
- Hoarding
- Obsessive thinking

**Panic Attacks** A panic attacks is a feeling of sudden and intense anxiety accompanied by physical symptoms. These can include:

- Heart racing
- Fast breathing
- Shaking
- Feeling disorientated
- Dry mouth
- Dizziness

Furthermore, people often report feeling 'out of control'.

**Posttraumatic Stress Disorder:** Psychological stress following a traumatic experience.

Symptoms can include:

- Hypervigilance
- Flashbacks
- Nightmares
- Panic attacks

**Phobias:** Anxiety that is specifically related to one area such as fear of flying, fear of dogs, claustrophobia etc.

**Social anxiety:** An overwhelming fear of social situations that often leads to:

- Worrying what others think of them
- Worry about what to say
- Worry they will do something embarrassing
- Fear of criticism
- Tend to avoid socialising if possible

Therapy for anxiety

If you feel that anxiety is impacting on your day-to-day life it is important to seek support.

Therapy is very effective for managing anxiety, giving you skills to feel empowered and helping you to let go of unhelpful thinking that exaggerates anxiety.

*Cognitive Behaviour Therapy* (CBT) has been found to be effective in helping people manage anxiety. CBT is a short-term model of therapy and addresses both physical and psychological symptoms of anxiety. At the core of CBT is providing clients with skills to challenge unhelpful thinking and worry which helps to manage anxiety. CBT has been researched and proven to very effective. It is a goal and results focused therapy, helping people to feel empowered and to think in more helpful and rational ways.

*Acceptance and Commitment Therapy* (ACT) has also been found to be very effective in managing anxiety. The main focus on ACT is to help you to build a healthy relationship to anxiety and all emotions so that anxiety does not take over your life or impact on your life values. ACT gives you skills to let go of worry and unhelpful thoughts while helping you to feel more present and connected with your values.

If you decide to see a Psychologist to help with your anxiety, rest assured that after the assessment they will recommend the right therapy for you that is backed by research methods to help you feel better.

If you are struggling with anxiety and would like to talk to someone about therapy, contact the Consulting Clinic for a solution and results focused therapeutic approach.

If you want to book  
an appointment,  
contact the clinic.

[\*\*Book Now\*\*](#)

This guide is for the purpose of sharing information and does not replace therapy.

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