



CW Psychological Services

CREATING HOPE FOR A BETTER TOMORROW

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What is an Anxiety Disorder?

Everyone will experience anxiety at some point in their life. Anxiety is a natural response to stress; a common feeling of worry, nervousness or unease. Anxiety is not always a bad thing. It can be a great motivator to help you accomplish goals. However, when those feelings become unmanageable and affect one's daily life, a person may be diagnosed with an anxiety disorder.

Anxiety disorders affect 40 million Americans according to The National Institute of Mental Illness. Anxiety disorders are the most common mental illness. There are several types of anxiety disorders such as social anxiety, general anxiety, phobias, separation anxiety and panic disorders. Since different anxiety disorders can have their own symptoms and each disorder needs its own treatment.

ANXIETY DISORDERS CAN BE TREATED!

Seeing a healthcare professional may be the first step to treating anxiety symptoms. A combination of support programs and individual exercises can allow those suffering to live more meaningful and enjoyable lives.

WHEN TO SEE A HEALTHCARE PROFESSIONAL:

- You're worrying too much and it's interfering with your life.
- You're feeling depressed, having troubles with drugs, alcohol, or other mental health concerns.
- You have suicidal thoughts.

Anxiety: Symptoms, Causes & Treatment

Common Symptoms: Symptoms include stress that is out of proportion to the event or the inability to set aside worry. People may experience behavioral changes such as irritability or restlessness or cognitive changes such as a lack of concentration, racing or unwanted thoughts. Along with physical symptoms such as fatigue or sweating.

Causes: Anxiety disorders are caused by many factors. For some, anxiety may be linked to an underlying health issue. Other causes of anxiety disorders include trauma, other mental health disorders, drugs and alcohol.

Treatments:

- Seeking assistance with treatment
- Practicing self-care
- Utilize positive coping skills



Dr. Christina Wohleber is a PA licensed psychologist with extensive experience in working with children, adolescents, and adults with various concerns.

"I work closely with individuals to build a collaborative and trusting relationship in order to provide compassion, safety, security, and a solution to their problems. It is both a pleasure and honor to assist my clients in regaining a sense of hope and control in their lives by identifying the deeper causes of what may be holding you back and give you tools to move forward. Some areas of concern for clients I serve are emotion regulation, depression, anxiety, anger, and trauma."

The Road to Healing Begins Here!

How to Help Your Child Deal with Their Anger

10/24/2019 21:00

Many parents believe in the same myth: if they do everything right, their children will be happy. But that's not how childhood works. No matter how much you love your child or how much you give to them in the way of attention and material items, kids are still going to experience all kinds of [...] The post [How to Help Your Child Deal with Their Anger](#) appeared first on [CW Psychological Services](#).

5 Subtle Exercises to Calm Anxiety in Public

10/08/2019 05:00

According to the Anxiety and Depression Association of America, 40 million adults over the age of 18 suffer from an anxiety disorder. If you are one of them, you know how difficult your life can feel most days. When anxiety strikes, the world around us can become a sort of funhouse, only not that much [...] The post [5 Subtle Exercises to Calm Anxiety in Public](#) appeared first on [CW Psychological Services](#).

How to Find Friends as an Adult

09/24/2019 18:00

You may remember growing up, meeting your best friend on the playground or making friends in French class. As adults, we don't have systems built in to make friends like we did as children. We can't even reach out to loved ones for help, because while it's socially acceptable to say "I'm looking for a [...]" The post [How to Find Friends as an Adult](#) appeared first on [CW Psychological Services](#).



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