

Anxiety Treatment in Utah

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Are your daily worries disrupting your quality of life? Does fear seem to overwhelm you and permeate your everyday objectives? Have your anxieties bled into depression? If you answered “yes” to any of these questions, you may be suffering from an anxiety disorder and may want to seek anxiety treatment. If so, you are not alone. Anxiety disorders are more common than you might think. Nearly 20% of Americans ages 18 and older suffer from anxiety. Everyone gets anxious sometimes; new and everyday experiences can trigger anxiety.

Anxiety disorders can assume a number of forms, but there is no reason why your anxieties should control you or your life. Here at Pathways Real Life Recovery in Utah, we are dedicated to developing a customized anxiety treatment regimen that works for you. We’ve supported children and adults of all ages to reduce their symptoms, create sustainable self-help strategies and regain control of their lives.

With a bit of support, you can begin to understand your anxiety and minimize its effects. Contact us for more information on anxiety treatment.

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Click to jump to section:

What is an Anxiety Disorder?

Anxiety disorders are categorized as mental disorders, and like many mental disorders, they can affect both mind and body. Anxiety is most easily characterized by feelings of intense apprehension regarding present events and excessive worry directed at past or future events.

Common physical and emotional symptoms of anxiety include the following:

- Tachycardia (rapid heart rate)
- Intense and/or persistent apprehension
- Emotional exhaustion
- Headache
- Otherwise inexplicable perspiration
- Shortness of breath
- Abdominal discomfort
- Bodily tension
- Restlessness & trouble sleeping

Types of Anxiety Disorders Treatment in Utah

Generalized Anxiety Disorder (GAD) Treatment

Those with Generalized Anxiety Disorder are sometimes colloquially described as worrywarts. If you are affected by GAD, you may experience persistent worry, uneasiness, and feelings of unsafety. This can result in excessively cautious behavior, mental exhaustion, and decreased everyday mental comfort.

Social Anxiety Disorder (SAD) Treatment

Individuals affected by Social Anxiety Disorder can find everyday social scenarios exhausting. Symptoms include social nervousness, elevated sensitivity to criticism, and an amplified fear of rejection.

Panic Disorder Anxiety Attacks Treatment

Panic attacks may result in accelerated heart rate, heart palpitations, sweating, shortness of breath, and an overwhelming sense of peril. Intense physical and emotional difficulty accompanies these attacks and this can lead to avoidance of topics, areas, and people that might provoke future incidents.

Obsessive-Compulsive Disorder (OCD) Treatment

Individuals who suffer from anxiety disorders may also be affected by Obsessive-Compulsive Disorder, which is characterized by obsessive and/or compulsive behavior. Obsessions – including repetitive thoughts and mental fixations – can result from past anxieties and produce future ones. In addition, obsessive mental activity can lead to uncontrollable compulsive behavior.

Phobias

Phobias are intense and irrational fears. Those with phobias experience extreme, overwhelming reactions to particular objects and scenarios, some of which include dogs, needles, clowns, and tight spaces. While phobias may have no rational basis, they nonetheless can alter and disrupt the lives of those who suffer from them.

Post-Traumatic Stress Disorder (PTSD) Treatment

This is a severe type of anxiety that affects individuals who have been exposed to intense trauma, either firsthand or as a witness. Sexual abuse, wartime trauma, and vehicular accidents are just a few potential sources of trauma. Symptoms of Post-Traumatic Stress Disorder include flashbacks, nightmares, and anxiety.

DIY Treatments for Anxiety

There are several simple everyday changes that can help manage and reduce your anxiety:

- **Take a step back.** Set aside a few moments each day for self-reflection and meditation. This is also a good way to identify and decrease sources of anxiety, including poor time management and an overblow desire to please others.
- **Limit anxiety-aggravating substances,** including caffeine, drugs, and alcohol.
- **Improve your diet,** avoid skipping meals and normalize meal times.
- **Get enough rest.** A full night's sleep can go a long way.
- **Community involvement.** Focus that anxious energy outward.

When to Consider Residential Treatment for Anxiety

Anxiety can disrupt your capacity to function successfully in your day-to-day life. Outpatient therapy is very useful in the treatment of anxiety disorders. However, it has limitations in cases of more intense anxiety issues. Here are some signs that it may be time to try residential treatment to overcome your anxiety:

Lethargy, Lack of Motivation, Problems Focusing

Trouble concentrating, feeling worried, or finding it too difficult to accomplish even easy tasks like cooking a meal or doing a simple errand. It may be time to seek help for anxiety that is more involved than your outpatient program.

Persistent Physical Symptoms

Chronic fatigue, recurring sleep problems, digestive issues, headaches, or tense muscles are possible physical symptoms of anxiety. You may benefit from more work on learning to manage stress and your general health.

Stalled Progress in Outpatient Treatment

In a residential therapy environment, you can much more fully focus your attention and energy on achieving the therapeutic progress that will help you succeed at home. In outpatient treatment, there is a lot of exposure to issues at work and at home that can trigger symptoms.

You Have Panic Attacks

While you may be able to conceal signs of anxiety, there's no way to keep functioning during panic attacks. Extreme feelings of fear and losing control, possibly accompanied by shaking, accelerated heart rate, difficulty breathing, and/or other symptoms, require effective treatment.

You're Abusing Alcohol or Drugs

Self-medicating with drugs or alcohol to help yourself cope with anxiety is a counterproductive and dangerous approach. Building tolerance to alcohol or a drug means using it more and more, which adds another serious condition requiring other forms of mental health treatment.

Your Relationships Are Suffering

The complications of anxiety disorder and trying to manage them on your own can negatively impact relationships with the most important people in your life. Irritability, self-isolation, and other symptoms of anxiety can take a heavy toll on your loved ones.

Time to Take Back Your Life With Residential Treatment for Anxiety

If you are concerned that your anxiety is becoming overwhelming and is negatively impacting your life, it may be time to consider trying residential care for one or two months. If you are also depressed, you should certainly consider residential treatment for dual disorders. Residential treatment programs provide medical care and a selection of therapeutic opportunities, including coping strategies, family and relationship therapy, and other advanced treatments. This option provides comprehensive care and support to help you develop the emotional tools that can empower you to return home and manage anxiety successfully.

Top Inpatient Mental Health Services for Severe Anxiety in Utah

Though self-coping strategies can have a transformative effect for some people, they don't work for everyone. If your anxiety symptoms are a persistent source of distress that overwhelms your everyday routine, seek professional help.

Anxiety treatment is determined by the severity and type(s) of anxiety that affects you. Psychological counseling can effectively reduce your symptoms, and cognitive behavioral therapy is especially useful for those suffering from a generalized anxiety disorder. Psychiatrists specialize in diagnosing and treating mental illness, and psychiatric professionals can provide both psychotherapy and medication if needed.

At Pathways Real Life Recovery in Utah, we offer free assessments for anxiety treatment and provide customized treatment plans for each and every client. We are here to help both individuals and families create sustainable, long-term change. We accept insurance

and our doors are open 24/7. Call [Pathways Real Life Recovery](#) or [contact us online](#) for information about our residential treatment programs for lasting recovery if you struggle with anxiety.