



Overcome Anxiety and Fear – Enjoy Feeling Peaceful and Calm

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Everyone experiences anxiety now and then; it's a normal human emotion. There may have been times when you felt a bit nervous before taking a test, facing a problem at work, or when making an important decision.

Things are a little different, though, when you have an anxiety disorder. Worry and fear are overwhelming and constant, and can be disabling. The distress caused by anxiety disorders can interfere with your ability to live your life to the fullest...peacefully and calmly.

TYPES OF ANXIETY INCLUDE:

Generalized Anxiety. Living with generalized anxiety can make day-to-day life a real struggle. If you're constantly worrying about past or present difficulties, or about things that might go wrong in the future, it becomes hard to think straight, or to keep things in perspective.

Some people with generalized anxiety say it feels like their mind is constantly whirring, and the tiniest mishap can set them off worrying. Sometimes the anxiety can seem to come out of nowhere. Sleep can be disrupted, waking up in the middle of the night feeling anxious, and not even sure what the anxiety is about. And then there are the physical symptoms, such as headaches, breathing difficulties, sweating or nausea.

If the anxiety becomes long-term, it can suppress a person's immune system, so they catch more colds, and may have digestive problems. It also becomes difficult to think clearly and rationally when you're anxious.

Panic Disorder.

People with this condition have feelings of terror that strike suddenly and repeatedly, without any warning. Common symptoms of a panic attack can include feeling that you are choking, chest pain, sweating and palpitations. Often times, it can feel like you're having a heart attack.

Social Anxiety Disorder.

Social anxiety is more widespread than many people realize, and keeps people who suffer with it trapped in a lonely life. People feel anxious about interacting with others for many reasons, but an important common denominator is an over-blown self-consciousness. People with social



phobias commonly imagine that other people are constantly judging them. Whereas the truth is that 'other people' are themselves worrying about how they are being judged.

Specific Phobias.

Specific phobias, an intense fear of a specific object or situation, are quite common, and experienced at one time or another by about 10 percent of the population. These phobias can include almost anything you could think of, including driving, dentists, spiders, using the phone, bridges, flying, cats, clowns, crowds, doctors, and so much more.

The Good News – Anxiety Can Be Successfully Treated

Treatment for anxiety can encompass several types of modalities, especially the use of hypnosis. Hypnosis is an excellent method for calming down inappropriate anxiety, because in hypnosis it's easy to relax very deeply, and from that state of deep relaxation, you can re-train your mind and body to feel calmer in the situations that would have once caused you to be fearful and to worry.

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

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