

What Is The Best Therapy For Anxiety?



Do you experience an unsettling feeling every now and then? If Yes, you might be suffering from anxiety disorder. Anxiety can leave a person feeling restless, sweating, and tense. It is a response to stress that can accelerate your heart rate and can severely hamper your work efficiency as well.

Experiencing this feeling in certain instances can be fine. However, when this feeling is not temporary, you have an anxiety disorder that needs to be addressed promptly with the right therapy. Navigate through this post, “The Best Therapy For Anxiety,” until the end to learn more.

What Does Anxiety Disorder Depict?

The [anxiety disorder](#) is a mental health issue that persists for a long time and worsens with time. It is a dreadful feeling that can affect your cognitive health as well. In addition, it may cause some physical issues, such as pounding heart and excessive sweating.

Especially when something triggers your sensitive emotions, you may lose control over your responses. However, when taken into consideration at an early stage with the right anxiety counselling, the affected person can get relief.

What Evokes Anxiety Disorder?

There is not one but multifaceted reasons behind the occurrence of this disorder. The broad range of factors may vary from genetics to the environment that can develop it bit by bit. You may not develop it overnight, but it is a sedimentation of your suppressed emotions over a period of time.

When evoked, these emotions can have some apparent effects on your physical and mental well-being. Some other possible reasons may include childhood trauma, personality traits (shyness, introverted nature), and family history. Furthermore, Some physical conditions, such as heart arrhythmias and thyroid, can also give rise to anxiety disorder.

How To Determine If You Have Anxiety Disorder?

Anxiety problem can be determined by some of the apparent signs that it shows when it affects a person. Below is the list:

- Thoughts or beliefs that make a person restless interfere with their day-to-day work and are prolonged.
- Physical signs, such as shortness of breath, accelerated heart rate, dizziness, aches, and loss of control over your actions.
- Low feeling wherein you feel dull, exhausted, and don't want to meet or interact with the people.
- On experiencing these symptoms, know that it is high time to get anxiety disorder treatment from an expert psychiatrist.

When To Reach Out To A Doctor?

On experiencing the symptoms explained above, you should [reach out to a doctor to receive therapy for anxiety](#). These pointers can give you better clarity on this:

- When excessive and uncontrollable stress starts interfering with your work, relationship, or other areas of your life.
- You feel deeply upset, and you don't feel capable of suppressing this feeling.
- When stress and anxiety lead you to the consumption of alcohol or drugs.

- In case you are getting suicidal thoughts along with other mental health issues.
- When you think the stress is linked to a physical health concern.

What Is The Best Therapy For Anxiety?

Anxiety therapy is a comprehensive approach that works to determine its source, understand what triggers it, and how the responses of the affected person can be changed. Besides, these therapies let you get rid of the impact of the negative energies and bring positive changes in your behavior. We have listed some of the most effective therapies for you:

1. Cognitive Behavioral Therapy

It is one of the most effective therapies for getting rid of the disorder. In this therapy, your psychologist will help you learn ways to determine the triggers and manage them effectively. As the name itself suggests, it is a combined approach that includes cognitive and behavioral therapies.

2. Dialectical Behaviour Therapy

The next one is Dialectical Behavior Therapy, abbreviated as DBT, used prominently for treating borderline personality disorder. It is based on the rule of acceptance, wherein you need to accept your present mental state and work deliberately to change your thoughts and behaviors.

3. Exposure Therapy

It is a commonly practiced therapy for anxiety, used for the treatment of various related disorders, such as phobias, social anxiety, and PTSD. It is a well-thought-out approach for treating a patient with anxiety by implementing a step-by-step practice:

- First of all, you will be taught relaxation techniques that can alleviate the symptoms of anxiety.
- Listing comes at number two, wherein you can create a list of your triggers with the help of your therapist.
- Thereafter, your therapist will expose you to the situations that can make you prone to the triggers and tell you the right course of action to deal with it.

4. Psychodynamic Therapy

Psychodynamic therapy is based on exploring the past in order to get some useful insights into your anxiety disorder. It aims to explore your conflicting/traumatic past to determine the best workarounds for dealing with the situation.

5. Interpersonal Therapy

The last one on our list is interpersonal therapy, which allows the patient to recognize interpersonal issues. The list may include conflict with loved ones, trouble in communicating with others, avoidance, and several others.

Reaching Out To The Right Therapist

Now that you are fully aware of the anxiety disorder and its effective therapies, half the job is done. The next half part is of the utmost importance, which is finding the right therapist for you. Reflect Within is one of the highly accredited [psychiatric helps in Mumbai](#) that can help you get rid of your anxiety disorder. You can book your consultation to connect with your therapist and get the desired help to change your life.