

Getting Past Anxiety



What do you worry about?

- Major disasters in the news every day?
- Crazy weather?
- World Economics?
- Your job?
- Your kids?
- Your parents?
- Health insurance?
- The health and welfare of your loved ones?
- Paying the rent?
- Driving in heavy traffic?

There's enough going on in the world today to create anxiety for many of us. Add in our own daily struggles, and it's no surprise anxiety disorders are on the rise. There are many things we can do to let go of or manage our anxiety. For some of us it's dealing with the stress of daily life. For others it's finding a balance between knowing what's going on in the world but not being overwhelmed by it or why we became anxious in the first place.

There are many different types of anxiety including:

- Generalized Anxiety Disorder—anxiety about most things
- Panic Attacks or Disorder
- Acute Distress Disorder
- PTSD (Post-Traumatic Stress Disorder)
- Specific Phobia
- Social Phobias
- OCD (Obsessive Compulsive Disorder)

If you, or someone you care about, seems to be struggling with anxiety, please share this message with them. I have helped hundreds of people move past anxiety and would love be of assistance.

Call Cate DiMarzio, LCPC
Licensed Clinical Professional Counselor

(207) 846-1008

Or visit

www.CateDiMarzio.com

Each of us has our own list of worries which affects us in and individual way and sometimes it's difficult to know if we're actually suffering from an anxiety disorder. But if your anxiety (or that of a loved one) is interfering with your daily activities, then it's time to act. There are many ways to reduce and manage anxiety. Sometimes we need a little help to learn new coping skills and decide what works best for us. It can really help to talk to a neutral person about things to see what it is you might need.

If you are in crisis and unable to wait for a call back, contact your family physician, call for crisis services at 1-888-568-1112, or go to your local emergency room.