

“Anxiety – Dealing With Anxious Feelings”



Here it comes again! That feeling of impending doom or worry. In fact, you aren't really sure what you are worried about at all. You find yourself, not able to get to sleep or stay asleep. You feel your heart is pounding out of your chest. Oh, sure there are days when it feels like it isn't going to happen anymore and then it comes roaring back.

People try to help but all that happens is they wind up telling you how your worries are about nothing or tell you to, “Just snap out of it!” You want to scream back, “I would if I could!” You have been to the doctor but he told you there wasn't anything physically wrong with you. Is there anything that can be done?

The good news is, Yes! You do not have to live with the anxiety and worry. Some people grew up feeling anxious as a child and others develop anxiety issues because of some event in their lives. You know the worry or anxious thoughts are over the top but you feel like you have no control over them. The anxiety has been going on more days than not for over a half of a year. You just want some relief!

You might feel anxious because of a medical condition, a life-changing event in your life or your family's. You might be suffering from anxiety because of some sort of drug or other substance. Panic attacks may be a part of your anxiety and you might be starting to fear even going outside your home. All of these are types of anxiety people deal with.

Anxiety or excessive worry might cause you to feel restless or on edge, easily tired, poor focus or concentration. People may have commented on you being irritable. Sleep may be hard to come by and your muscles might seem tense all of the time.

If these scenarios appear to fit your life, you might benefit from counseling. Psychotherapy can help you deal with the issues that are causing you all of the excessive worry, with understanding and empathy. Your anxiety most likely needs to be approached through behavioral, emotional, mental and spiritual terms. Deep relaxation, talk therapy utilizing rational-emotive behavioral therapy and possible medical intervention when needed can help many people deal with their overanxious or excessive worries.



Please feel free to contact R. Michael Lowery, LMHC at (239) 220-9912 or by emailing mike@swflacounsel.com for an appointment. You can live a life free from excessive worry!