



Anxiety Disorder

Best-Practice Intervention Strategies*

- Participate in a medical evaluation to rule out any medical conditions that may be causing or contributing to anxiety
- Participate in a psychiatric evaluation and take all medications as prescribed
- Develop and practice positive coping skills to manage stress and anxiety (Such as adequate rest, proper nutrition, physical exercise and recreational activities/hobbies)
- Practice relaxation techniques such as deep breathing and guided imagery
- Learn to recognize the difference between emotional and physical reactions to anxiety
- Participate in systematic desensitization of feared stimuli while practicing relaxation strategies
- Identify a social support team and increase participation in social activities
- Identify negative self-talk and replace with positive statements
- Involve family members in psycho-education about anxiety to increase understanding and support
- Recognize, verbalize and address unresolved emotional issues