

Anxiety Therapy

Practical support for worry, panic, overthinking, and stress



What anxiety therapy is

Anxiety therapy is a structured, supportive process that helps people understand the patterns behind fear, worry, avoidance, and physical tension. The goal is not to eliminate every anxious feeling. The goal is to build skills that help you respond with clarity, confidence, and control.

When it can help



Worry feels hard to shut off



Panic symptoms or fear of panic



Avoiding places, people, or decisions



Racing thoughts, irritability, or restlessness



Sleep disruption from stress or overthinking



Physical tension, stomach issues, or fatigue

How treatment works

1

Understand patterns

Identify triggers, anxious thoughts, body cues, and avoidance loops.

2

Build tools

Learn practical skills for calming the nervous system and challenging fear-based thinking.

3

Practice change

Use small, realistic steps to reduce avoidance and regain daily confidence.

Common therapy goals



Calm the body

Breathing, grounding, and relaxation strategies.



Challenge anxious thoughts

Test catastrophic thinking and build balanced responses.



Reduce avoidance

Face feared situations in a safe, planned way.



Improve daily functioning

Better sleep, focus, communication, and decision-making.

The LifeWise Therapy approach

Counseling is collaborative, confidential, and goal-directed. Sessions may include CBT, mindfulness and relaxation skills, DBT-informed coping tools, exposure-based work when appropriate, and values-based or faith-sensitive care when requested. Treatment is paced to fit the person, not forced into a one-size-fits-all plan.



What to expect

- An initial conversation about symptoms, stressors, history, and goals.
- A clear plan with practical skills to use between sessions.
- Regular progress checks so therapy stays focused on real-life improvement.



At LifeWise Therapy, we provide compassionate, evidence-based support tailored to your needs. Healing is possible, and **you do not have to go through it alone.**