

Coping with Persistent Anxiety

By Joe Alexander, LCSW



"I can't believe how tense my muscles are when I tune in and do a body scan like you taught me." My client was reporting in on the body awareness focus that is part of our clinic. He had no idea prior to coming in how tight certain muscle groups were and that anxiety was the likely culprit.

We live in a world that holds many triggers for anxiety. The speed at which we transport ourselves and the crowded environments many of us live in all demand attention. Cues to trigger anxiety exist within all the information we process. Anxiety is a signal to pay attention to our feelings and respond. How we handle our emotions and the emotions of others around us will be determined by how we handle the anxiety we feel.

It was no wonder that my client was feeling so tense and had developed pain and tightness in his particular tension carrying zones. What he was learning at our clinic was putting him back in charge of his body and giving him some ways to deal with his anxiety in better ways.

Three strategies are necessary to manage anxiety in today's world:

- A way to recognize anxiety and differentiate it from other feelings
- A regular practice time to decrease anxiety
- New habits to replace old habitual unhealthy ways we deal with anxiety.



We all have found ways to manage what can seem like perpetual anxiety. What matters most is knowing how these ways serve us and if they help or hurt us in meeting our greater goals. Do we overeat, use other substances, excessively worry and attempt to control things we have little or no control over? How are **you** at implementing the 3 strategies to manage your anxiety?

If you find you need a little help in implementing these strategies, please call our office and make an appointment. We are happy to help you live a more fulfilling and less anxious life.



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Joe works with Individuals in counseling for depression, anxiety and addictions, as well as family and couples therapy.

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