

Anxiety Treatment in Utah

nextlevelrecovery.com/anxiety-treatment-in-utah

The struggles of battling a debilitating condition like anxiety can seem impossible, but fortunately the condition is highly treatable. At Next Level Recovery, specialized clinicians and programs will assist in your recovery and help you improve your quality of life.

Next Level Recovery is committed to a strength-based approach to help clients struggling with mental health issues. Our experienced team of professionals is ready to listen and provide proven help. Please contact us today to schedule a free, no-obligation consultation at (801) 719-5183 or click the “chat” below.



What is an Anxiety Disorder?

While occasional anxiety can happen before speaking in front of a group or when entering a job interview, an ***anxiety disorder is defined as a persistent feeling of worry or sometimes panic that does not go away.*** The Diagnostic and Statistical Manual (DSM) used by mental health professionals to diagnose psychiatric disorders lists six major anxiety disorders: **Generalized Anxiety Disorder** is the most common. Followed by **Social Anxiety** (increased anxiety and fear in social situations that goes beyond usual shyness), **Panic Disorder**, **PTSD (Post-Traumatic Stress Disorder)**, **Obsessive Compulsive Disorder (OCD)**, and specific **phobia** are other types of anxiety that many people face.

Symptoms of a Generalized Anxiety Disorder:

- Excessive worry
- Irritability
- Trouble sleeping
- Trouble concentrating
- Overthinking
- Digestive upset
- Headache
- Pain in neck and back areas
- Chest pain

Symptoms of Panic Attacks:

- Racing heartbeat
- Dizziness
- Nausea
- Changes in mental state, such as a feeling of detachment of oneself
- Numbness or tingling in extremities
- Fear that you may die
- Chest pain or tightness
- Shaking

Note: These symptoms often occur with no clear reason and are unpredictable, which may lead to severe disruption in daily living.

Social Anxiety Symptoms:

- Fear of being judged or rejected in social situations beyond what is considered normal
- Excessive worry about embarrassment or offending others
- Excessive worry about being humiliated
- Isolation/avoidance of social situations

Obsessive Compulsive Disorder (OCD) Symptoms:

- Often occurs around a specific theme or fear (i.e., germs, need to arrange objects, catastrophe aversion)
- Compulsive behavior (used to stave off anxiety or obsessive thoughts)
- Agitation
- Compulsive hoarding
- Impulsivity
- Hypervigilance
- Ritualistic behavior
- Depression
- Fear

- Food aversion
- Nightmares
- Apprehension/anxiety/panic attacks
- guilt

Anxiety Disorder Treatment

At Next Level Recovery, experienced and compassionate clinicians specialize in treating various anxiety disorders. ***As a dual diagnosis treatment center, we understand that in order to help those struggling with mental health or addiction challenges, you need to treat the underlying causes of those issues.*** We offer specialized therapies for various anxiety disorders, including EMDR (Eye Movement Desensitizing Reprocessing); a specialized therapy utilized to treat Post-Traumatic Stress Disorder, and has shown great success.

Next Level Recovery is a Treatment Center for Anxiety Disorders

Living with an anxiety disorder can be extremely challenging, and at times it can feel like you're all alone in your struggles. Fortunately there is hope and help available. Anxiety disorders are highly treatable, and people live full and happy lives while learning to cope with anxiety. Let Next Level Recovery help you develop coping strategies to move past anxiety and enjoy your life.
