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BLOG

Starting Anxiety Care? What Your Plan Can Include

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Before Your First Visit

- Note when the worry started
- How often it shows up
- Where it gets in the way

Pieces of a Plan

- CBT or ACT with a therapist
- Medication when indicated, decided jointly
- Exercise, mindfulness and meditation

Keep Going

- Give treatment time to work
- Tell your provider what isn't helping
- Thoughts of suicide? Call or text 988

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Read the full article

How Anxiety Treatment Works: What to Expect

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.