



Therapy for Anxiety

What it is, how it works, and what to expect when you begin with us.

If anxiety has been making everyday life feel harder than it should, you're not alone, and you're not "just overthinking it." Anxiety is one of the most common reasons people seek therapy. It's also one of the most treatable.

Does any of this sound familiar?

- Your mind keeps racing with "what ifs", especially at night
- You feel tense, restless, or on edge, even when nothing is wrong
- Your heart pounds, your chest tightens, or your stomach churns before certain situations
- You avoid people, places or tasks because of how they make you feel
- You need a lot of reassurance, or you over-prepare for everything
- You're tired of feeling this way, but don't know where to start

The good news

Anxiety responds very well to therapy. Research consistently shows that structured, skills-based approaches like Cognitive Behavioural Therapy (CBT) help most people feel significantly better, and the skills you learn keep working long after therapy ends.

What can change with therapy

In your mind	In your body	In your life
Fewer racing "what ifs"	Better sleep	Doing the things you've been avoiding
A calmer, more balanced inner voice	Less tension and fewer panic sensations	Easier relationships and work
More confidence in your ability to cope	Tools to settle yourself quickly	More energy for what matters to you

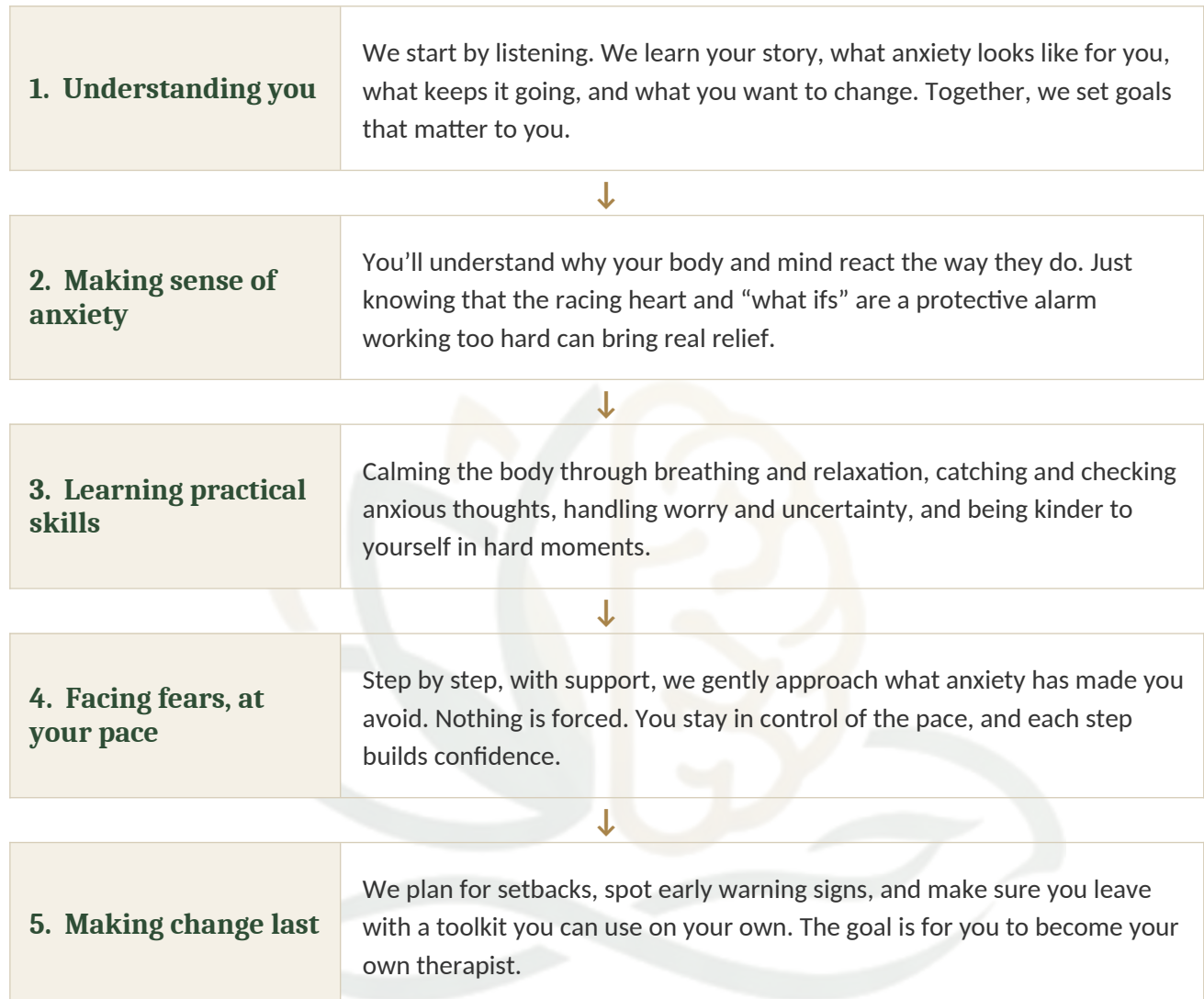
"You don't have to have it all figured out to begin. You just have to begin."

— A gentle reminder



How We Work With Anxiety

Therapy isn't just talking. It's a clear, collaborative process with a plan.



Approaches we draw on

Cognitive Behavioural Therapy (CBT) The most researched therapy for anxiety. It helps you change the thinking and avoidance patterns that keep anxiety going.	Acceptance & Commitment Therapy (ACT) Helps you make room for difficult feelings instead of fighting them, and move toward what matters to you.	Mindfulness & relaxation Practical ways to calm your nervous system and stay grounded in the present moment.
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Every plan is tailored to you. We use what fits your needs, not a one-size-fits-all script.

Reaching out isn't a sign that you've failed to cope. It's a way of caring for yourself, the way you'd want someone you love to be cared for.



What a Session Looks Like

Knowing what to expect can make starting a little easier.

Check in	Focus	Learn & practise	Take it home
How your week went, and how anxiety showed up.	We agree together on what to work on today.	Explore patterns and try out a skill in the session.	A small, doable task to practise before next time.

Questions people often ask

I feel anxious just thinking about the first session. Is that normal?

Completely. Many people with anxiety feel nervous about starting therapy. The first session is simply a conversation. You share only what you're comfortable sharing, and you can ask us anything.

Is my anxiety "serious enough" for therapy?

If anxiety is affecting your sleep, work, studies, relationships or peace of mind, it's worth addressing. You don't need to reach a breaking point to deserve support. Starting earlier often means change comes more easily.

Will everything I say stay private?

Yes. What you share is kept confidential. The only exceptions, which we'll explain in your first session, are rare situations where someone's safety is at serious risk.

How long does therapy take?

It depends on you and your goals. Many people notice a difference within the first few weeks, and research on CBT for anxiety shows meaningful improvement often within about 8 to 16 sessions. We'll review progress with you regularly.

Will I have to face my fears straight away?

No. We only move at a pace that feels manageable for you. Before facing anything difficult, you'll have learned skills to support yourself, and we'll plan every step together.

Do I need medication?

Many people improve with therapy alone. If medication might help you, we can talk about it openly and guide you to a psychiatrist. The choice is always yours.

Your first step is a small one

Book a first session. We'll get to know you, understand what you're going through, and talk about how we can help. There's no pressure. After that conversation, you decide what feels right.

Book your session at

roohmindcare.com

In crisis or feeling unsafe right now? Call Tele-MANAS on 14416 (free, 24x7) or go to your nearest emergency department.