

# Interventions for Anxiety

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Below are interventions specifically for anxiety. Many of the interventions listed under depression, especially those listed under *Thought Management*, are helpful for anxiety as well.

- 1) Exposure and desensitization
- 2) Thought management
- 3) Stress reduction and management
- 4) Medical workup to rule-out physiological causes of anxiety.
- 5) Meds – in conjunction with group therapy, if necessary, to provide the climate for therapy to occur.