



- Excessive Worry
- Restlessness
- Fatigue
- Muscle Tension
- Rapid Heartbeat
- Sweating
- Difficulty Concentrating
- Irritability
- Sleep Disturbances

Recognizing Your Anxiety

About

Rexburg Serenity Healing

Early recognition and support are crucial for teenagers dealing with anxiety.

Anxiety is a natural response to stress or perceived threats, characterized by feelings of worry, unease, or fear, often accompanied by physical symptoms like increased heart rate or shallow breathing.

Let's Connect

Phone

(739)284-6150

Website

www.rexburgserenityhealing.org

Email

info@rexburgserenityhealing.com



www.rexburgserenityhealing.org

Navigating Anxiety

You're Not Alone,
We're Here to Help

The Team

Our team of empathetic, genuine, and strengths-focused psychiatrists is ready and dedicated to providing personalized care tailored to your unique needs.



Dr. Emily Andersen MD
Psychiatrist



Dr. Jonathan Davis PhD
Clinical Psychologist



Pedro Fernandes PsyD
Psychologist



"

I was struggling silently, but counseling showed me that I don't have to face my fears alone. It's amazing how talking it out can make a world of difference.
- Noah, 14

COPING

1. Practice slow, deep breaths to calm your mind.
2. Write down your thoughts and feelings for clarity.
3. Challenge negative thoughts with positive affirmations.

CALL TODAY! Seeking help

For Teens:

If you're a teen struggling with anxiety, know that you're not alone, and there's help available. If anxiety is affecting your daily life, causing distress, or impacting your relationships and school performance, it may be a sign that professional help is necessary. Need someone to talk to or seek support? Call us today. We're here to listen and help you on your journey to wellness (739)284-6150.

For Parents:

If you notice your teen struggling with anxiety, encourage them to open up. Professional help can make a world of difference. Rexburg Serenity Healing offers expert counseling to guide your teen toward a brighter, calmer future.

