# The Benefits of Teletherapy for People Experiencing an Anxiety Disorder

Anxiety disorders are disorders that are recognized by symptoms of nervousness, anxiousness, fear, and dread. There are also physical symptoms of anxiety disorders as well. Some of these physical symptoms consist of obsessive thoughts, shortness of breath, trouble breathing, feeling nauseous, and heart palpitations at times. People who struggle with these disorders may experience feelings of fear, dread, extreme worry, ruminating, and, in more serious cases, panic attacks. Some types of anxiety disorders include social anxiety disorder, panic disorder, and generalized anxiety disorder (GAD).

One of the hardest things about anxiety disorders is that often, the person struggling with anxiety will be nervous or fearful of starting therapy. It’s normal to feel uneasy when trying a new therapist, but when the feeling of being uneasy is a symptom of the disorder itself, it can be even more challenging. A solution to this is partaking in online therapy with a teletherapist. With online therapy, the person struggling can meet with a counselor either by phone or video out of the comfort of their home. This may help them feel less fear when it comes to partaking in therapy.

Through any form of therapy, counselors can teach the person struggling with anxiety disorders how to cope with their disorder in healthier ways. This can be through learning stress relief techniques, relaxation techniques, and any other coping skill that helps the person with the disorder. Therapists can also help their patients identify thought distortions that might be leading to the symptoms of their disorder. They can use cognitive behavioral therapy (CBT) to help patients replace their negative thoughts with more positive ones. Changing and identifying these thought patterns can lead to healthier lives for the person struggling and improved symptoms.

There are other ways that people with anxiety disorders can receive help for their illness. This can be through support groups and further research. People can read books (or listen to podcasts) about anxiety disorders or people’s experiences with them. Consuming this kind of content will help the person struggling to feel less alone in their fight. It will also help them to learn about other successful ways to manage their disorder.

Anxiety disorders are serious disorders that have significant consequences. There is not a specific cause known for anxiety disorders, but research has shown that it’s usually a combination of factors. These include genetic and environmental elements. Past research suggested that they could also be caused by chemical imbalances. However, this is being debated among researchers in the mental health field.

When people are struggling with these disorders, they often feel as if they are alone. They may also feel like they are the only person struggling with their specific thoughts or feelings. But this is not the truth. There is hope for everyone struggling with anxiety disorders, and there is help available. If you or a loved one is struggling with an anxiety disorder, please [contact](https://www.michiganpsychologicalcare.com/contact.php) us today.

**References**:

<https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders>

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