

## Effective Treatments for Anxiety Types

	Anxiety Types						
	Panic attacks and panic disorder	Specific phobia	Social phobia (social anxiety)	Obsessive-compulsive disorder (OCD)	Acute stress disorder	Post-traumatic stress disorder (PTSD)	Generalized anxiety disorder (GAD)
<b>Treatments</b>							
<b>Relaxation techniques</b>	✓	✓	✓	✓	✓	✓	✓
<b>Exercise</b>	✓	✓	✓	✓	✓	✓	✓
<b>Exposure via Imagery</b>		✓	✓				
<b>Real-life Exposure therapy</b>		✓	✓				
<b>Self-talk</b>	✓	✓	✓	✓	✓	✓	✓
<b>Coping techniques for panic attacks</b>	✓	✓	✓		✓		
<b>Challenging mistaken beliefs</b>	✓	✓	✓	✓	✓	✓	✓
<b>Emotional awareness</b>	✓		✓	✓	✓	✓	✓
<b>Appropriate assertiveness</b>			✓	✓	✓	✓	✓
<b>Self-worth</b>	✓	✓	✓	✓	✓	✓	✓
<b>Diet</b>	✓	✓	✓	✓	✓	✓	✓
<b>Medication</b>	✓		✓	✓		✓	✓
<b>Meaning/Spirituality</b>	✓		✓	✓	✓	✓	✓