



Ivy Collaborative Healthcare

Managing Anxiety: Self-Help, Traditional Medicine & Ivy Collaborative Support



1. What Anxiety Can Feel Like

Anxiety can show up as excessive worry, restlessness, racing thoughts, poor sleep, muscle tension, irritability, difficulty concentrating, and physical symptoms such as rapid heartbeat or shortness of breath.



2. Self-Help Strategies

- Practice slow breathing
- Build a regular sleep schedule
- Move your body daily
- Limit caffeine and alcohol
- Try mindfulness or meditation
- Journal anxious thoughts
- Stay connected with supportive people
- Seek help early if symptoms persist



3. Traditional Medicine Options

- Psychiatric evaluation
- Evidence-based therapy such as CBT
- Medication management when appropriate
- Coordinated mental health care
- Call 988 for immediate crisis support



4. How Ivy Collaborative Can Help

- Personalized psychiatric evaluation
- Medication management
- Coordinated care with therapy providers
- Compassionate, evidence-based treatment
- Exomind TMS therapy as a non-invasive option for clinically appropriate patients after evaluation



5. Helpful Links



Self-Help

- nimh.nih.gov/health/topics/caring-for-your-mental-health
- apa.org/topics/anxiety
- 988lifeline.org



Traditional Medicine

- nimh.nih.gov/health/topics/anxiety-disorders
- samhsa.gov/mental-health



Ivy Collaborative

- ivycollaborative.com



6. Contact Ivy Collaborative Healthcare



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You do not have to manage anxiety alone—support is available.