

Subject 3: Treatment of anxiety

Psychological or medical treatments can be very beneficial. For mild symptoms a doctor or psychologist might suggest lifestyle changes, such as regular physical exercise and reducing stress inducing activities.

For more challenging anxiety, medication might be prescribed, or psychological treatment including cognitive and behavioural therapies (CBT) recommended. CBT is a structured psychological treatment that recognises that the way we think (cognition) and act (behaviour) affects the way we feel. CBT involves working with a professional (psychologist or counsellor) to identify thought and behaviour patterns that are either making you more likely to become anxious, or stopping you from getting better when you're experiencing anxiety.

Evidence based online therapies generally utilise cognitive and behavioural therapies that are easily accessible and are not limited by location or time of day. Some examples are the [Centre for Clinical Interventions](#), [Mindspot](#), [This Way Up](#), and [My Compass](#). [FlourishDx](#) also contains resources to understand anxiety and address symptoms.

If you are concerned about anxiety

Effective treatments for anxiety are available to help. Speak to your doctor or company provided counselling service for advice on the best option for you.

Do you want to find out more?

Generali Employee Benefit Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).