



Alternative BEHAVIORAL CARE

Almost 100% Of Our Patients Rate Our Services and Staff as Very Good or Excellent!
And Our Testimonials Are Endless!!!

April 2016

From Our Desk To Yours...

A Nervous Nation: Anxiety and Treatments that Work...



Did you know that anxiety disorders are the most common mental illnesses in the United States? There are roughly 40 million adults in the US with a treatable anxiety disorder, yet, only a small percentage of these people will actually seek treatment. Some with anxiety are able to cope on their own. Others, however, may become too anxious to leave their home, lose their jobs, and have accompanied medical complaints such as migraines.

According to the National Institutes of Health, anxiety symptoms can include difficulty concentrating, fatigue, irritability, sleep problems, and restlessness. Some of these symptoms can be linked to the lifestyle of our nation. We live in a nonstop culture that is always plugged in, this combined with the high expectations we place on ourselves can be enough to cause a diagnosable anxiety disorder.

Anxiety disorders are very treatable and there are many medications and therapies that do work. However, a simple lifestyle change can be enough to treat some clients. Limiting caffeine, exercising, and eating right are basic lifestyle changes that should be made in those suffering from these disorders. Avoiding alcohol and drugs, as well as sleeping right, and eliminating causes of stress are also recommended.

When these lifestyle changes are not enough it is time for a client to consider medical intervention. Psychiatrists can prescribe medications such as Benzodiazepines, SSRI's, and Tricyclics to treat the anxiety symptoms. Therapists can help treat the root cause of the anxiety as well as the symptoms with Cognitive Behavioral Therapy, Exposure Therapy, or EMDR.

It is important to remember that medications often come with unwanted side effects. While medications are very effective and can be lifesaving it is important that clients attempt to make lifestyle changes and participate in therapy in order to have a full propensity toward recovery. Anxiety IS treatable and we can help.

M. Seraji, MD
Alternative Behavioral Care, Medical Director

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the **Emotional and Mental Health Needs**
of Our Community With Our

- Child Metal Health Program, Ages 4-11
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7 Things You Are Doing That Can Cause Unhappiness

Did you know that many of our typical modern habits are the cause of our unhappiness? If you are feeling unhappy, take inventory and be honest with yourself. Are you engaging in these self destructive habits?



1. Spending too Much Time on Social Media

According to a study done at the University of Michigan, sites like Facebook and Instagram set the stage for comparing yourself to others. Try spending less time on your computer/phone and more time in face-to-face contact with others.

2. Sticking Out a Toxic Work Environment

Lets face it, we spend many of our waking hours at work. If you feel like you are treated unfairly maybe it is time to look for another job. What happens in the workplace can effect us overall.

3. Not Exercising

According to the National Institute on Health, exercise is strongly associated with stress relief and mood improvement. Moving more and sitting less may just give your mood that boost you were looking for.

[Read the Full Article](#)

Legalized Cannabis and the Brain

Researchers at the National Institute of Drug Abuse (NIDA) are speaking out about the legalization of marijuana and its harmful effects, specifically on an adolescent's developing brain. NIDA's director Nora Volkow, MD explains that, "Drugs are powerful disruptors of brain programming

because they can directly interfere with the process of neural pruning and interregional brain connectivity." Volkow points out that the short term negative effects of drug use may include decreased grades but that the long term effects can impair mental health and life trajectories [Learn More](#)



Evidence suggesting alterations in brain structure and function in cannabis users is inconsistent, and both areas evidently require further research

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