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**ASPEN
Answers**
by Lori Greer, PsyD

DO WE LIVE IN AN AGE OF ANXIETY?
 According to the American Psychiatric Association's Diagnostic and Statistical Manual (DSM) of Mental Disorders, 2% to 4% of Americans suffered from an anxiety disorder in 1980. Fourteen years later, that number increased to 14%, and then to 49.5% in 2009. This tremendous increase means that either we are getting better at diagnosing anxiety or that the DSM's definition of anxiety has broadened. It is also quite possible that we live in economically threatening times that render us anxious. Whatever the answer, it is important to realize that anxiety is the most basic of human emotions. It enables us to adapt to changing circumstances by creating new coping mechanisms. On the other hand, if anxiety impairs function, help should be sought. Are you gripped by anxiety? Do you worry all the time? Is it interfering with your life? We understand and we are here to help you. Our experienced counselors can provide the compassionate help that you need to be able to let go of your anxiety and be able to live a happier, healthier life. In addition to help with anxiety, we can also provide you with a safe space for dealing with depression, grief, or stress. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. Offering you and your family compassionate and professional advice. Hint: Talk therapy can help anxious individuals identify the root cause(s) of their anxiety and better manage their emotions.

ASPEN
Family Counseling
www.aspenfamilycounseling.com

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