



Local Rehab Examines High-Functioning Anxiety

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Tampa, FL ? Clean Recovery Centers is a local rehab and mental health treatment center that recently released an article examining high-functioning anxiety. Their program offers options for mental health, substance use, and co-occurring disorders.

?High-functioning anxiety describes someone who exhibits anxiety symptoms but is able to either face their fears or mask them to the point others do not notice. It is not an official medical diagnosis, and many who have high-functioning anxiety will receive an official diagnosis of generalized anxiety disorder (GAD), phobias, or other forms of anxiety disorders.

High-functioning anxiety can make it difficult to diagnose and treat the underlying anxiety, as the person is good at hiding their symptoms. They may also feel like they are not ?bad enough? to need treatment and continue trying to live with their anxiety,? the article reads.

It can be difficult to see signs of high-functioning anxiety as the person will try to seem normal. One sign to watch for is body language. The person may fidget with their hands or use their hands to talk. This can be a sign of discomfort and feeling anxious. They may shift their weight while standing and change the position of their arms. If they are sitting, tapping their leg or shaking their foot can also be a sign of anxiety.

Another sign of high-functioning anxiety includes being very detail-oriented. The person may keep their workspace a certain way and not like others in their area for fear of changing something. They focus on their tasks and keep pushing to get through them quickly. Co-workers can misconstrue this as being an overachiever, but the person is managing anxiety.

Not every person will have the same experiences with high-functioning anxiety. Mental health varies day-to-day, with some days being better than others. Someone with high-functioning anxiety will find themselves putting an increased effort into every daily task. They may take longer to get ready in the morning, making sure their outfit is exact, their hair is done in a specific way, and that everything matches to a T.

At work, they will continue to keep everything in its place and seem focused on their tasks. This may come off as a "good worker" persona, but in reality, they feel like they can't control anything so they hyperfocus on the things they can.

Unexpected situations and stresses can increase anxiety and in turn, increase the stress behind it. This driving force is uncomfortable and even painful, causing chest pain and tense muscles. Despite these feelings, their work performance will typically stay consistent, but eventually, a mental breakdown can occur if anxiety is not addressed, the article continues.

There are strategies to manage high-functioning anxiety. These include practicing breathing techniques, limiting caffeine consumption, and learning about anxiety. Another strategy involves finding outlets. These include yoga, painting, exercise, and dance. Implementing these techniques helps form healthy coping skills to keep anxiety symptoms at bay.

Clean Recovery Centers has been helping many throughout the Suncoast find compassionate care for mental health conditions and substance use disorders. Their program utilizes a unique, three-phase approach that focuses on addressing all aspects of mental health, including a specialized care program for past traumas. Each of their locations offers housing that is certified by the Florida Association of Recovery Residences (FARR).

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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For more information about Clean Recovery Centers - Tampa, contact the company here: Clean Recovery Centers - Tampa Terri Boyer (727) 766-0503 info@cleanrecoverycenters.com 508 W Fletcher Ave Tampa FL

Clean Recovery Centers - Tampa

At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.

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