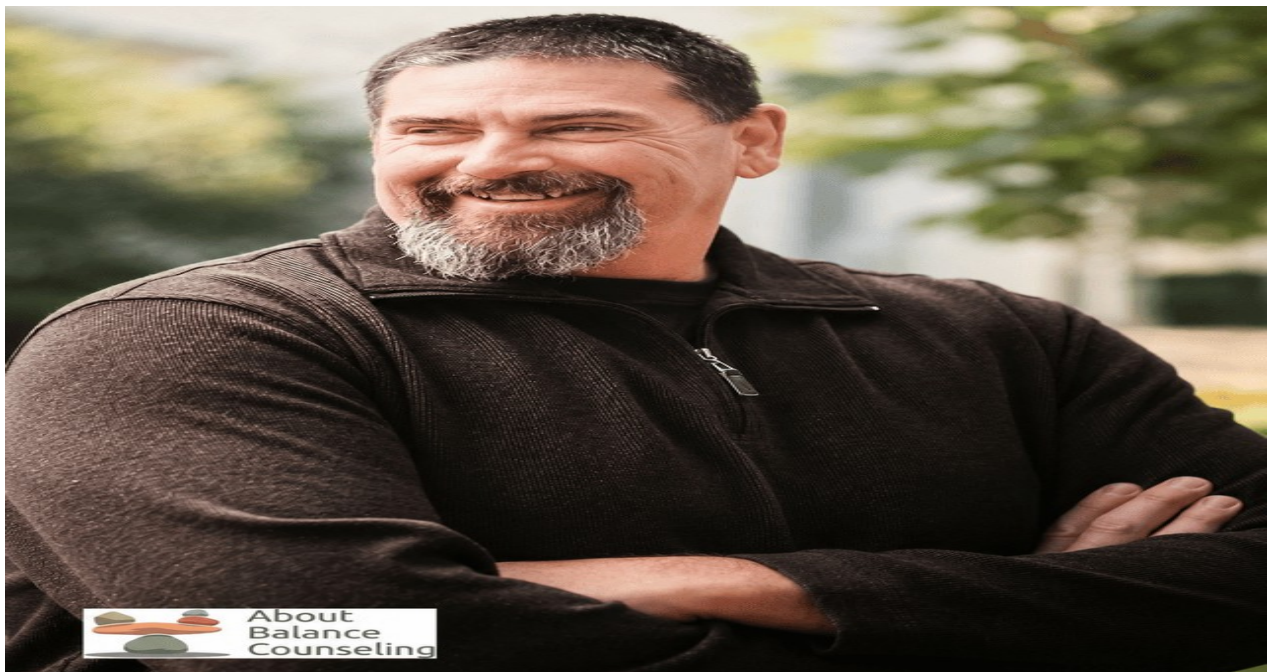




About Balance Counseling Addresses Rising Workplace and School Anxiety Through Specialized Therapeutic Programs

July 22, 2026

LONGMONT, CO - July 22, 2026 -

About Balance Counseling, a mental health service provider based in Longmont, Colorado, is highlighting the critical need for professional support as workplace and school-related stress continues to affect individuals across the community. The practice reports an increasing number of clients seeking help for anxiety stemming from demanding workloads, academic pressures, and the ongoing challenge of maintaining work-life balance.

Recent workplace studies indicate that chronic stress affects nearly 80 percent of American workers, with many experiencing physical symptoms including sleep disruption, difficulty concentrating, and strained relationships. Similarly, academic stress among students has reached unprecedented levels, with career uncertainty and social expectations contributing to persistent anxiety patterns that can impact long-term mental health.

David Ejchorszt, a certified clinical anxiety treatment professional at About Balance Counseling, emphasizes the importance of early intervention. "Many people wait until they reach a breaking point before seeking help, but counseling can be most effective when individuals recognize the early signs of chronic stress," said Ejchorszt. "Our therapeutic approach focuses on helping clients identify unhealthy patterns and develop practical coping strategies before anxiety becomes overwhelming."

The practice's Anxiety counseling services address the full spectrum of stress-related challenges, from workplace demands and academic pressure to family responsibilities and social expectations. Through individualized therapy sessions, clients learn to recognize their specific triggers and develop personalized strategies for managing daily stressors.

The therapeutic process at About Balance Counseling begins with understanding each client's unique situation and identifying the underlying sources of their anxiety. Therapists work collaboratively with clients to develop evidence-based techniques that can be applied immediately in real-world situations, whether dealing with a demanding supervisor, preparing for exams, or managing multiple responsibilities.

"We see anxiety as a normal response to life's challenges, but when it begins affecting sleep, mood, and daily functioning, professional support can make a significant difference," explained Ejchorszt. "Our goal is to equip clients with tools they can use throughout their lives, building resilience and confidence in their ability to handle stress."

The practice offers both in-person and online therapy sessions to accommodate different schedules and preferences, recognizing that accessibility plays a crucial role in mental health treatment. Sessions focus on practical skill development, including breathing techniques, cognitive restructuring, and mindfulness practices that clients can integrate into their daily routines.

About Balance Counseling serves the Longmont, Colorado community with comprehensive mental health services including anxiety therapy, depression therapy, and teen counseling. The practice, led by David Ejchorszt who brings over 10 years of experience working with adults, teens, and couples, maintains a commitment to providing individualized care that addresses each client's specific needs and goals. The practice accepts various insurance plans to ensure mental health support remains accessible to those who need it.

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For more information about About Balance Counseling, contact the company here: About Balance Counseling David Ejchorszt (720) 675-7016 david@aboutbalancecounseling.com 601 S Bowen St, Ste 202, Longmont, CO, 80501

About Balance Counseling

About Balance Counseling in Longmont, CO, led by David Ejchorszt, offers compassionate anxiety therapy, depression therapy, and specialized teen therapy, with in-person and online counseling that supports emotional healing and healthy coping.

Website: <https://aboutbalancecounseling.com/>

Email: david@aboutbalancecounseling.com

Phone: (720) 675-7016

