



Many people take these for granted, but the 40 million people in the US who struggle with [anxiety counseling in San Antonio](#), know differently. Anxiety can make everyday living harder, and those who have an anxiety disorder may...

- Not have a reason for why, but they often feel worried and/or nervous.
- Never have a break from their persistent anxiety.
- Feel lonely and isolated—as if they are the only ones who struggle.
- Have loved ones who do not understand the toll anxiety has taken on their mind and body.
- Feel as if another person is living in their head—continually reminding them of their vulnerability, insecurity, and fear.

All people feel worried or nervous or even anxious from time to time. In many ways, when it is regulated, worry is a healthy feeling. It can alert people to potential danger. When it is functioning properly, it naturally subsides after the danger has passed. Anxiety disorders, in contrast, are not naturally regulated. The anxious feeling rises but never resolves—it is deregulated.

Contact Us

Address:- NCC 12030 Bandera Road #108, Suite-D San Antonio, TX

Website:- neelycounseling.com

Email Id:- admin@neelycounseling.com

Call Us:- +1 (210) 523-4200