

CBT

Components

Cognitive-Behavior Therapy (CBT) is based on the theory that our **behaviors** are influenced by our *feelings, environment, and beliefs*. Although our feelings and beliefs may be born in childhood, change today will require facing our beliefs and behavioral patterns in the present. Total understanding may mean exploring our history, but change will also require work in the here-and-now.

Behaviors

(Avoidance, Lashing Out,
Sleep Disturbance)



Cognitions

(I can't handle this)

Emotions

(Anxious, Fearful
Overwhelmed, Angry)

NYBH CBT Anxiety and Stress

Management Groups teach people how to feel less anxious and less stressed in their daily lives. They focus on learning how to identify triggers of stress and anxiety and how to process these triggers in a healthier, calmer and more manageable way.

CBT groups address the experience of both stress and anxiety, which is a likely cause of medical risks (such as obesity, heart disease, hypertension, insomnia, and phobias), as well as relationship discord, and work issues. These groups help you to learn how to use healthy internal processing regarding external triggering environments and experiences, thus resulting in decreased symptomology and a calmer existence.

Assessment

Constantly worried and stressed?

Have a hard time relaxing?

**Family and friends describe you as
“stressed out”?**

**Having a hard time balancing your
work and personal life?**

Difficulty managing tasks?

**Overwhelmed or having trouble
concentrating?**

Have a hard time falling asleep?

**This is New York City, isn't it
normal to feel stressed and anxious
all the time?**

**It's time to relax, you deserve it.
Call us. We can help.**

**For more information call
646-495-3078**

Does it work?

Treatment History

Anxiety and stress are often correlated and both are effectively treated and reduced by various forms of cognitive-behavior therapy (CBT). Effective techniques such as problem solving, cognitive restructuring, relaxation techniques, and time management have all been demonstrated to reduce both stress and anxiety. Very simple relaxation techniques can produce such powerful effects that changes in immune function can be easily detected in blood tests after only a few days.

It sounds nice, but who has the time?

Although many of us lead very hectic lives, stress and anxiety left untreated or inappropriately treated, can result in symptoms that continue or even worsen. This can ultimately cause a greater negative impact in other major areas of life such as work, home, health and relationships. Making your emotional health a priority is allowing yourself to work toward increasing overall balance, productivity, health, and wellbeing. Take a moment and give us a call. Let us help you bring more calm into your life.

**Call NYBH to schedule an initial intake
screening and membership in NYBH's Stress
and Anxiety Reduction Group at
646-495-3078**