



OVERCOMING YOUR ANXIETIES AND PHOBIAS

A phobia is a strong but irrational fear of something specific- usually an object, situation, person or an experience. Sometimes being confronted with these fears brings on an overwhelming feeling of anxiety. This can make you feel restless, worried and drained all at the same time. Counseling can help one explore the cause of these feelings, understand them and suggest ways of dealing with it

“Some of us think holding on makes us strong, but sometimes it is letting go” - Hermann Hesse