



Are you experiencing any of the following?

- Nervousness, restlessness, feeling tense
- Increased heart rate
- Rapid breathing
- Heavy sweating
- Shaking
- Weakness or lethargy
- Insomnia
- Digestive or gastrointestinal problems
- A desire to avoid triggering situations
- Obsessive thoughts

**We can help!**

Tanner Clinic's clinical psychologist, **Dr. Trevor Taylor**,