



Occupational Therapy Services for

Anxiety

People who live with anxiety can receive OT services to help them do the activities they want and need to do every day.

Occupational therapy practitioners work with clients to:

- Identify and manage anxiety triggers
- Learn and practice individually tailored emotional regulation and coping strategies
- Develop routines to manage school, work, or home tasks
- Improve sleep patterns and quality
- Prepare for and participate in social activities
- Develop strategies to take medication as prescribed by their care provider
- Increase confidence in their ability to achieve goals

What You Can Do



Ask yourself if anxiety is affecting your ability to do the things you want or need to do



Ask your care provider for occupational therapy services

Resource: [Noyes, S., & Lannigan, E. G. \(2019\). Occupational therapy practice guidelines for adults living with serious mental illness. AOTA Press.](#)