... provided with a plan for your progress. In the treatment of anxiety disorders, occupational therapists can help you:

- Identify and address any physical barriers that may be preventing you from performing activities of daily living.
- Develop strategies to manage your anxiety triggers.
- Learn relaxation techniques to help reduce stress and improve your overall well-being.
- Develop coping strategies to help you manage your anxiety in daily situations.
- Enhance your self-esteem and sense of accomplishment.

With OT, kids can:

- Improve their daily living skills.
- Enhance their independence and self-confidence.
- Develop strategies to manage their anxiety triggers.
- Learn relaxation techniques to help reduce stress.
- Enhance their self-esteem and sense of accomplishment.

Who Does Occupational Therapy?
The two professional levels of occupational practice are:

- Occupational therapists
- Occupational therapy assistants

Who Might Need Occupational Therapy?
OT can help kids and teens who have:

- Learning disabilities
- Motor or sensory coordination difficulties
- Physical disabilities
- Cognitive impairments
- Emotional or behavioral problems
- Developmental delays or disorders
- Intellectual disabilities
- Neurodevelopmental disorders
- Sensory processing disorders

OT can help people of all ages who have physical, sensorimotor, or cognitive challenges. It can help with everyday activities, improve independence, and enhance quality of life.

Conclusion
Occupational therapy is a valuable tool in the treatment of anxiety disorders. By working closely with occupational therapists, individuals can develop strategies to manage their anxiety, improve their quality of life, and enhance their overall well-being.

References