



Walker Therapy Services

WHAT IS RELAXATION INDUCED ANXIETY?

- The desire to relax through meditation, or quiet reflection, but the inability to do so
- This is a common issue for people with PTSD
- This issue comes from an inner conflict with oneself
- Letting your guard down does not make you vulnerable, it helps you emotionally
- There are many therapy methods that can help you become and feel more relaxed
- Parts and memory therapy can help you break down barriers that are preventing you from achieving a fully relaxed state
- You are not alone and there is help!