

HOW LIGHT ON ANXIETY CAN HELP

Light On Anxiety offers solution-focused Cognitive Behavioral Therapy (CBT) and Psychiatric Medication Services to assist patients in managing and moving past driving anxiety.

Cognitive Behavioral Therapy

CBT helps individuals understand and challenge their negative thoughts and beliefs about driving, replacing them with more realistic and empowering ones.

- Empirically supported and evidence-based
- Action-oriented and results-focused
- Based on latest science and research findings

Practical Techniques + Tools

Through structured sessions with our experienced therapists, you'll learn practical techniques to manage anxiety, such as:

- Relaxation exercises
- Cognitive restructuring
- Exposure therapy

Medication When Needed

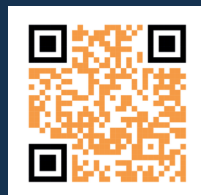
In some cases, medication may complement CBT in managing driving anxiety. Our team of skilled prescribers works closely with clients to determine if medication is appropriate and to ensure personalized and effective treatment.

- Thorough psychiatric evaluations
- Thoughtful medication selection
- Ongoing monitoring of treatment effectiveness
- Close collaboration with your therapist

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MULTIPLE CONVENIENT LOCATIONS + TELEHEALTH



CHICAGO
HIGHLAND PARK
NAPERVILLE
WILMETTE

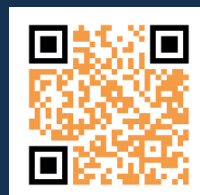
Meet Our Founder and CEO, Dr. Debra Kissen

Light On Anxiety was founded by Dr. Debra Kissen, a nationally recognized leader in CBT treatment for anxiety and related conditions, and the lead author of five books on the topic of anxiety.



BOOK NOW

EASY ONLINE SCHEDULING



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CONQUER YOUR FEAR OF DRIVING



Driving anxiety affects countless individuals, robbing them of the freedom and independence that comes with being able to drive confidently.

You are not alone!

Driving anxiety can manifest in various forms, such as:

- Fear of accidents
- Apprehension about getting lost
- Experiencing a panic attack while driving

These fears can be overwhelming and debilitating, making even short trips a source of distress.

But there are effective ways to conquer driving anxiety with CBT and other therapy.

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Practical, evidence-based and action-oriented driving anxiety treatment

At Light On Anxiety, we specialize in Cognitive Behavioral Therapy (CBT), a proven approach for treating driving anxiety. CBT helps individuals understand and challenge their negative thoughts and beliefs about driving, replacing them with more realistic and empowering ones. Through structured sessions with our experienced therapists, you'll learn practical techniques to manage anxiety, such as relaxation exercises, cognitive restructuring, and exposure therapy.

Build Skills & Confidence with Driving Schools

We understand that overcoming driving anxiety isn't just about addressing psychological barriers; it's also about building confidence and competence behind the wheel.

That's why we partner with select driving schools to provide additional driving education, when appropriate. Our collaborative approach integrates therapy with practical skill-building sessions, giving you the tools and confidence you need to navigate the road with ease.

Take the First Step Towards Freedom From Driving Anxiety

Don't let driving anxiety hold you back any longer. Take the first step toward reclaiming your independence and peace of mind by contacting Light On Anxiety today. Our compassionate team is here to support you on your journey to driving confidence.

BOOK NOW



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8 WAYS TO COPE WITH DRIVING ANXIETY

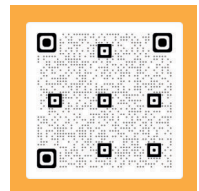
- 1 Mindful Breathing**
Throughout your day, treat yourself with a few moments of slow breathing. All you have to do is Inhale gently through your nose, hold, then exhale slowly. This helps calm nerves and promotes focus.
- 2 Progressive Muscle Relaxation**
Tense and relax different muscle groups in your body, starting from your toes, and working your way up to your head. This can help release physical tension and promote relaxation.
- 3 Visualization**
Visualize yourself driving calmly and confidently. Picture yourself successfully navigating through different scenarios, such as merging onto highways or parallel parking.
- 4 Focus On The Present Moment**
Instead of worrying about what might happen or what could go wrong, focus on the present moment, and the task at hand.
- 5 Listen To Calming Music Or Audio**
Soft music, audiobooks, or soothing sounds can help distract your mind from anxious thoughts and promote relaxation.
- 6 Positive Affirmations**
Repeat positive affirmations to yourself before and during your driving lessons. Phrases like "I am a safe and confident driver" or "I can handle any challenges that come my way" can help boost your confidence and reduce anxiety.
- 7 Communicate With Your Instructor**
Let your driving instructor know if you're feeling particularly anxious or stressed. They can provide guidance, reassurance, and additional support to help you feel more comfortable behind the wheel.
- 8 Consider Professional Help**
If your driving anxiety is severe and significantly impacts your ability to drive safely, consider seeking help from a therapist or counselor who specializes in anxiety disorders. They can provide you with personalized strategies and support to manage your anxiety effectively.

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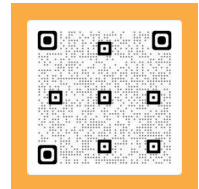


Check out our favorite playlists

Classical Covers
Think "Bridgerton"

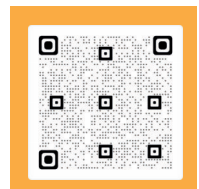


Fun Mixtape
Think easy, catchy tunes



These Spotify playlists may be just the thing that help calm you behind the wheel.

Piano Covers
Think hotel lobby chill



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