

Work can be meaningful, and it can grind you down. I have sat with software engineers who wake at 3 a.m. Convinced they broke production, teachers who freeze at Sunday dinner because a parent email might arrive, founders stuck in the loop of raise, build, burn. The pattern is familiar. Anxiety peaks, your body lives in permanent readiness, productivity drops even as hours rise, then guilt kicks in and pushes you to push harder. Boundaries feel like luxuries you will earn later. Balance looks like a lie told on corporate posters.

There is another path, and it is not a bubble bath or a motivational quote. It is a set of concrete skills, some internal, some external, that turn down the nervous system, reframe your relationship to work, and help you hold the line in conversations that matter. Anxiety therapy gives those skills structure and accountability. You learn to recognize how your body speaks stress, how your job pulls on old patterns, and how to build boundaries that are clear, specific, and enforceable.

What work stress looks like in the body and mind

Work anxiety is not abstract. It shows up in predictable ways. Your chest tightens when a Slack ping pops. You half read documents because your attention keeps bracing for interruption. You defer decisions, then rush them before a deadline. Sleep grows shallow. You self soothe with scrolling or late-night email, which tricks you into more arousal and less rest. For some, irritability hits the people you love most. For others, it curdles inward into self-criticism. Performance suffers, which validates the worry, which fuels more stress. Clinically, this spiral often includes cognitive distortions like catastrophizing, mind reading, and over-responsibility, along with physiological cues like clenched jaw, gastrointestinal upset, and headaches.

Context matters. The same workload lands differently if you grew up needing to be perfect to feel safe, or if a past boss humiliated you in a meeting, or if you carry racial or gender based bias burdens at the office. Sometimes the job is genuinely toxic. Other times it is a decent environment that still awakens tender places.

Anxiety therapy does not ask you to ignore reality. It asks you to get skilled at sorting reality from the stories your fear tells, then choose actions aligned with your values instead of your panic.

Boundaries are therapeutic tools, not personality traits

People often tell me I am bad at boundaries as if it is a moral failing. Boundary work is not about being tough. It is about pattern recognition and practice. Good boundaries answer three questions: What is my limit, how will I communicate it, and what will I do if it is tested.

Start with internal boundaries. If your mind is a 24 hour newsroom, you need containment. Schedule a daily, five minute worry window to list work concerns. Outside that window, when worry starts, write a quick note to yourself and say, I will deal with this at 5:30. It sounds simplistic, but timed containment builds trust with your mind. You keep your word to return later, and rumination loses some grip. Pair this with a hard stop ritual at the end of the workday. Close your laptop, physically stand, and say out loud, Work is done for today. Behavioral cues prime your nervous system to shift states.

External boundaries require language. Vague boundaries invite confusion and passive resistance. Specific ones build clarity. Early in therapy, I ask clients to write short scripts that feel like them, then we rehearse out loud. Your voice matters as much as your words. Speak slower than normal, leave a half second of space after the first sentence, and keep your breath low in your belly. With those elements in place, the following patterns cover most boundary moments.

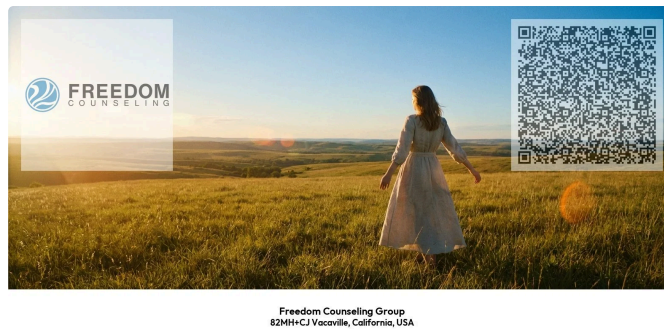
1. When your boss adds a task to an already full plate: I can take that on, and it will push Feature X to next Wednesday. If Y is higher priority, I can switch. Which do you want me to delay.
2. When a colleague DMs you outside agreed hours: I saw your message come in last night. I protect evenings so I can be sharp during the day. I will respond to after hours DMs the next business morning.
3. When a client wants immediate replies: I aim to reply within one business day. If something is time sensitive, mark it urgent, and I will prioritize it in my next check-in window.
4. When meetings pile up and you need focus time: I am blocking 9 to 11 for deep work on the launch. If you need me live, send an invite for after 11 or drop details and I will respond at noon.
5. When you are the team fixer and it is draining you: I am stepping back from being the default on-call for ad hoc tasks. I am happy to help on Tuesdays between 2 and 4 if you queue items by noon.

Those examples are not magic spells. They work because they set a clear limit, state a rationale tied to shared goals, and offer a defined alternative. If a person pushes back, you restate the boundary once. If they push a second time, you implement the limit. That might mean not answering after hours, declining a meeting, or involving a manager. Consistency matters more than clever phrasing.

Balance is an energy equation, not a time equation

People try to fix burnout by moving puzzle pieces on the calendar. Work here, workout there, family time in that slot. The trap is that hours are not equal. Ninety minutes of uninterrupted creative work might leave you fed. Two hours of contentious status meetings might wipe you out. Balance means matching your highest energy to your highest value tasks and actively designing your week to recover from known drains.

In practice, that looks like naming your top three professional priorities for a given quarter, matching them to one or two key personal values, then allocating protected time early in the day or week to the hard thing. It also means creating buffers after energy sinks. If you know Tuesday staff meetings leave you spun up, schedule a walk right after and push analytical work to Wednesday morning.



Here is where anxiety therapy comes in. Many people know what would help, then do the opposite when stress rises. Therapy builds the muscle to act on your plan even when you feel urgent. Acceptance and Commitment Therapy helps you pair uncomfortable feelings with value driven action. Cognitive Behavioral Therapy helps you test predictions like If I decline this meeting, I will be viewed as not a team player. You run experiments with low risk boundaries, collect data, and generalize the win.

Techniques that move quickly inside and outside therapy

Grounding the nervous system does not require an hour at a spa. Small, reliable resets keep you from stacking micro stresses into a wave. In session, I teach skills and practice them until they are automatic. In life, you use them between tasks so arousal returns to baseline.

1. Physiological sigh: Two quick inhales through the nose, one long exhale through the mouth. Repeat three times to offload carbon dioxide and drop heart rate.
2. 5 by 5 attention shift: Name five things you see, hear, or feel, then return to the task at hand. This snaps rumination loops.
3. Body drop: On the exhale, release your shoulders, soften your jaw, and let your weight sink into your chair. Imagine gravity doing the work.
4. Visual horizon reset: Look at the farthest point in your room or out a window for 30 seconds. Peripheral vision widens, and your autonomic state calms.
5. Two minute tidy: Clear your desk, queue the next step, and write one sentence that starts the next task. Clutter fuels anxiety. Small order reduces friction.

These are not cure alls. They are circuit breakers. Use them at transitions, especially before high stakes conversations. If you cannot remember them when stressed, tape a note to your monitor or set a reminder at 10:30 and 2:30 each day.

EMDR therapy when work triggers old injuries

Sometimes work stress plugs directly into a past experience that has not fully processed. A developer who was shamed in a standup two jobs ago freezes each time a new lead engineer walks by. A consultant who survived a hostile acquisition flinches when legal joins a call. These are not just thoughts. The body remembers.

EMDR therapy, a structured model that uses bilateral stimulation to help the brain reprocess stuck memories, can be surprisingly effective for work related triggers. It does not erase the past. It helps your nervous system update. In sessions, we identify specific target memories and the current cues that fire them. A cue might be the tone of a manager's voice, the angle of a camera in video meetings, or the red dot on an app icon. Through sets of eye movements or taps, you hold the memory in mind while your attention shifts side to side. Over sessions, the intensity drops and new interpretations emerge. I have seen people go from choking on feedback to hearing it as information. The result is not just fewer panic spikes. You reclaim attention for the work at hand.

EMDR is not for everyone and not the only option. It does fit well when a memory feels hot, present, and out of proportion to current events, or when talk therapy has helped conceptually but your body still flares.

Anxiety therapy across roles and industries

Different jobs stress different systems. Engineers drown in context switching. Nurses and teachers carry moral distress. Sales teams surf rejection all day. Leaders absorbed into time zone soup lose any sense of a stop line. Good therapy starts with task analysis. What, exactly, are the demands. What control do you have. What are the explicit and hidden rules of the culture. Then it builds a plan that uses your leverage.

If you are an individual contributor with limited formal power, you may need sharper personal boundaries and alliance building. If you are a manager, the work will include your own limits and how you protect your team. I often coach managers to anchor boundaries in team outcomes. When you say, I protect focus time so our delivery stays on track, you make limits part of your job description. For founders, the boundary is rarely time. It is identity. Your company cannot love you back. That truth hurts and sets you free.

Hybrid and remote work changed the boundary landscape. Office walls used to create pause points. Now your couch is your desk and your kitchen is the break room. Rebuild rituals. A two block walk at 5:30 can be your commute. A closed laptop in a backpack on a closet shelf can be your door. Simple visible cues tell your nervous system and your family that you are off or on.

When ADHD is part of the picture

Many adults discover attention differences only after a promotion or job change exposes the strain. The combination of high distractibility, rejection sensitivity, and time blindness can make modern knowledge work feel like a gauntlet. ADHD testing, when done thoughtfully, gives you a map. You learn your profile, not just a label. Maybe your working memory is strong but task initiation lags. Maybe hyperfocus serves you on creative sprints but sabotages transitions. Therapy then targets the bottlenecks. You build external scaffolds that function as boundaries on your behalf: timers, visible task boards, calendar holds named after verbs, and clear meeting agendas that reach you 24 hours in advance.

Medication can be part of the plan, and it does not replace skills. Sleep, movement, and light exposure are not optional. If your day begins with doomscrolling under the covers and no daylight until noon, attention will wobble. A five minute walk outside at 8 a.m. Is not a wellness trend. It is neurochemistry you can use.

The home front: couples therapy and the spillover of work stress

Work stress does not stay at work. If you find yourself snapping at your partner over a sink of dishes, look under the surface. Many couples run into the same gridlock: one person seeks order at home to counter chaos at work, the other seeks flexibility at home to escape rigidity at work. Both make sense. Couples therapy offers a place to name the bargain, renegotiate roles, and build shared rituals that protect the relationship from the job.

Practically, that may look like a 10 minute evening debrief with rules. You each share one win, one stressor, and one request. No fixing without permission. It may look like a Sunday planning session where you compare calendars and mark red zones that need extra care. When partners understand the work landscape, they become allies in boundary enforcement. I have watched a spouse gently hand a client their closed laptop at 7 p.m. And say, I am protecting Wednesday night for us. That works better than a lecture.

Young workers and early patterns

The first real job sets grooves. If your teen worked through school with constant praise for over delivering, the first boss who says needs improvement can feel like a collapse. Teen therapy and early adult counseling can soften the perfectionism trap before it hardens. We practice feedback reception as a skill. We rehearse asking clarifying questions without apologizing for existing. We teach how to request accommodations without shame. The earlier you learn to hold a limit, the less cleanup you do later.

Choosing a therapist and setting a plan

Look for someone who names methods plainly and measures progress. Anxiety therapy should feel collaborative. At intake, you and your therapist agree on goals that matter to you, not abstract symptom numbers. That might be reply to emails within set windows without spiraling, take on a visible project without procrastination, or end your workday by 6 p.m. Four days a week. Sessions then tie skills to those goals, and you review outcomes regularly. If a strategy does not work within a few weeks, you adjust.

Ask about modalities. CBT helps with thought patterns. ACT helps with value driven action under discomfort. Somatic work brings the body in as a partner. EMDR therapy fits when hot memories drive current reactions. If relationships carry the load, couples therapy may address the system **Psychotherapist** rather than only the individual. If attention issues complicate the picture, ADHD testing can refine the plan. None of this needs to be siloed. Many clinicians integrate methods.

If access or schedule is a barrier, teletherapy can work well for this focus, especially when you are practicing skills in your actual work environment. Some clients prefer in person for EMDR or intensive sessions. The right choice is the one you will stick with.

Practical adjustments that pay off

Small, targeted changes often reduce anxiety faster than you expect. Change how you handle notifications. Batch email two or three times a day instead of grazing. Put meetings back to back in the afternoon to protect long morning blocks. Create a pre meeting checklist so you enter with context and exit with the next action and a realistic time estimate. Name the dragon out loud before high stakes calls. For example, My fear is that if I say no to this ask, they will think I am not committed. Naming it reduces its power.

Use your calendar as a contract with yourself. Protect it as you would a client appointment. If a meeting invite appears on top of deep work, decline with context or propose a new time. If you hold a people pleasing streak, pair each yes with a no. Every commitment you make must be balanced by a commitment you drop or delay. Otherwise you are borrowing energy you will have to repay with interest.

Finally, give yourself permission to want what you want. Many clients do not actually want balance. They want to excel [freedomcounseling.group Anxiety therapy](#) at work and still have a life that feels like them. That is a worthy

goal. It requires focus, tradeoffs, and often discomfort as you let go of busywork that flatters the ego. The reward is traction.

Measuring change so you trust it

Anxiety reduces your sense of agency, and when improvements are small you may miss them. Track what you care about. Use a simple weekly check with five items rated from 0 to 10: sleep quality, end of day shutdown success, email backlog size, average hours after 6 p.m., and perceived dread on Sunday night. If numbers move in the right direction over a month, you are on track even if a bad week pops. If they stall, revisit boundaries or add a modality.

A client I worked with, a project manager in healthcare IT, tracked only two numbers: time spent in deep work and number of after hours messages sent. We set targets of 9 hours of deep work per week and zero messages after 7 p.m. In 80 percent of weeks. It took eight weeks to stabilize. Once **Couples therapy Freedom Counseling Group** he hit that mark, his anxiety scores dropped by half, and his manager commented on the quality of his deliverables. He did not change jobs. He changed the system he lived in each day.

When the job is actually the problem

Sometimes, despite good therapy and strong boundaries, the environment is not fixable. Chronic understaffing, abusive leadership, discriminatory practices, or misaligned values will grind you down. Therapy is not a coat of paint on a rotting beam. If you have tried reasonable changes and your body keeps saying no, listen. Plan an exit with the same skills you used to set boundaries. Name criteria for your next role, network systematically, and treat the search like a project. Keep your rituals alive during the transition so you do not bring old patterns into the new place.

Quitting is not failure. It is a boundary with your life.

Bringing it together

Anxiety therapy gives you tools to notice, name, and navigate. Boundaries convert insight into action. Balance emerges when your schedule matches your values and energy, not when you cram more into fewer hours. Along the way, specific methods like EMDR therapy, concrete supports after ADHD testing, and system level work in couples therapy may help at key points. The work asks for honesty and repetition. You will have days you nail it and days you slip. Keep going.

Close your day today with a clear stop ritual. Write the first sentence of tomorrow's most important task on a **Marriage or relationship counselor freedomcounseling.group** sticky note and put it on your keyboard. Tell someone you love what you are practicing and ask for their support. Then step away. Your nervous system will thank you, your work will improve, and your life will feel more like it belongs to you.

Freedom Counseling Group

Name: Freedom Counseling Group

Address: 2070 Peabody Road, Suite 710, Vacaville, CA 95687

Phone: (707) 975-6429

Website: <https://www.freedomcounseling.group/>

Email: contact@freedomcounseling.group

Hours:

Sunday: Closed

Monday: 8:00 AM – 6:00 PM

Tuesday: 8:00 AM – 6:00 PM

Wednesday: 8:00 AM – 6:00 PM

Thursday: 8:00 AM – 6:00 PM

Friday: 1:00 PM – 8:00 PM

Saturday: Closed

Open-location code / plus code: 82MH+CJ Vacaville, California, USA

Coordinates: 38.3335888, -121.9709253

Map/listing URL:

<https://www.google.com/maps/place/Freedom+Counseling+Group/@38.3335888,-121.9709253,678m/data=!3m2!1e3!4b1!4m6!3m5!1s0x80853d08b873a121:970925316s%2Fg%2F11861mmks>

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Freedom Counseling Group provides psychotherapy and counseling services from its main Vacaville office at 2070 Peabody Road, Suite 710.

The practice serves individuals, teens, couples, and families through in-person counseling in Vacaville, Roseville, and Gold River, with telehealth options also listed.

Listed specialties include EMDR therapy, anxiety therapy, PTSD therapy, depression therapy, OCD treatment, addiction support, phobia treatment, couples therapy, teen therapy, and immigration mental health evaluations.

The team is led by Kevin Anderson, PsyD, LMFT, CCTP, an EMDRIA Approved EMDR Consultant listed by the official site.

Freedom Counseling Group is locally positioned for clients in Vacaville, Solano County, Travis Air Force Base, Roseville, Gold River, and the Greater Sacramento Area.

The official site describes online therapy and virtual couples counseling for clients in California, Texas, and Florida, with some pages also referencing Idaho telehealth availability that should be confirmed directly.

The Vacaville service page notes support for adults, teens, couples, first responders, and military personnel seeking care for trauma, anxiety, PTSD, depression, OCD, phobias, ADHD, and autism-related concerns.

Prospective clients can call (707) 975-6429, email contact@freedomcounseling.group, or visit <https://www.freedomcounseling.group/> to ask about a free consultation and therapist fit.

The public map listing for Freedom Counseling Group can help clients verify the Peabody Road office before planning an in-person appointment.

Popular Questions About Freedom Counseling Group

What is Freedom Counseling Group?

Freedom Counseling Group is a mental health group practice serving the Greater Sacramento Area, with offices in Vacaville, Roseville, and Gold River, California.

Where is Freedom Counseling Group located?

The main Vacaville location is listed at 2070 Peabody Road, Suite 710, Vacaville, CA 95687. Additional listed locations include Roseville and Gold River.

Does Freedom Counseling Group offer EMDR therapy?

Yes. EMDR therapy is one of the practice's listed specialties, and the official site describes EMDR as a central part of its treatment approach for trauma, anxiety, PTSD, and related concerns.

What services does Freedom Counseling Group provide?

Listed services include EMDR therapy, anxiety therapy, PTSD therapy, depression therapy, OCD therapy, addiction counseling, phobia treatment, couples therapy, teen therapy, immigration evaluations, EMDR consultation, workshops, and online therapy.

Does Freedom Counseling Group work with couples?

Yes. The official site lists couples therapy and marriage counseling, including Emotionally Focused Couples Therapy for clients working on communication, connection, and relationship repair.

Does Freedom Counseling Group offer online therapy?

Yes. The official site lists online therapy and says telehealth is available in California, Texas, and Florida. Some official pages also mention Idaho, so clients should confirm current state availability directly.

Who does Freedom Counseling Group work with?

The practice describes work with individuals, teens, couples, families, first responders, military personnel, and clients seeking care for trauma, anxiety, PTSD, depression, OCD, phobias, ADHD, autism support, and relationship concerns.

What are Freedom Counseling Group's listed hours?

The matching public listing shows Monday through Thursday from 8:00 AM to 6:00 PM, Friday from 1:00 PM to 8:00 PM, and Saturday and Sunday closed. Appointment availability should be confirmed directly because the official site also lists broader office hours.

Is Freedom Counseling Group an emergency mental health provider?

The connected client portal states that it is not to be used for emergency situations and advises calling 911 if someone is in immediate danger or experiencing a medical emergency.

How can I contact Freedom Counseling Group?

Call (707) 975-6429, email contact@freedomcounseling.group, visit <https://www.freedomcounseling.group/>, or use the listed social profiles: <https://m.facebook.com/p/Freedom-Counseling-Group-100063439887314/>, <https://www.instagram.com/freedomcounselinggroup/>, <https://www.linkedin.com/company/freedomcounselinggroup/>, <https://www.tiktok.com/@freedomcounselinggroup>, <https://x.com/freedomcounsel>, and <https://www.youtube.com/@FreedomCounselingG>.

Landmarks Near Vacaville, CA

Freedom Counseling Group is located on Peabody Road in Vacaville, with additional locations listed in Roseville and Gold River. Clients near these landmarks can call (707) 975-6429 or visit <https://www.freedomcounseling.group/> to ask about EMDR therapy, couples therapy, teen therapy, immigration evaluations, online therapy, and consultation options.

- [2070 Peabody Road, Suite 710](#) — The listed Vacaville office address for Freedom Counseling Group; clients can use the map listing to verify the office before visiting.
- [Peabody Road](#) — The local corridor connected with the practice's Vacaville office location.
- [Vacaville](#) — The primary city connected with the public listing and main office location.
- [Nut Tree](#) — A well-known Vacaville shopping and local landmark near I-80.
- [Vacaville Premium Outlets](#) — A major regional shopping landmark for clients traveling through central Vacaville.
- [Downtown Vacaville](#) — A central local district and useful reference point for clients in the city.
- [Andrews Park](#) — A recognizable downtown park and community landmark in Vacaville.
- [Travis Air Force Base](#) — A major nearby military landmark; the official Vacaville page notes relevance for military families and service-related concerns.
- [Solano County](#) — The county context for Vacaville and nearby communities served by the practice.
- [Fairfield](#) — A nearby Solano County city; clients can contact the practice to ask about in-person or online therapy options.
- [Dixon](#) — A nearby community east of Vacaville and a practical local reference for Solano County clients.
- [Greater Sacramento Area](#) — A broader regional service-area reference used by the official site for its in-person and online counseling services.