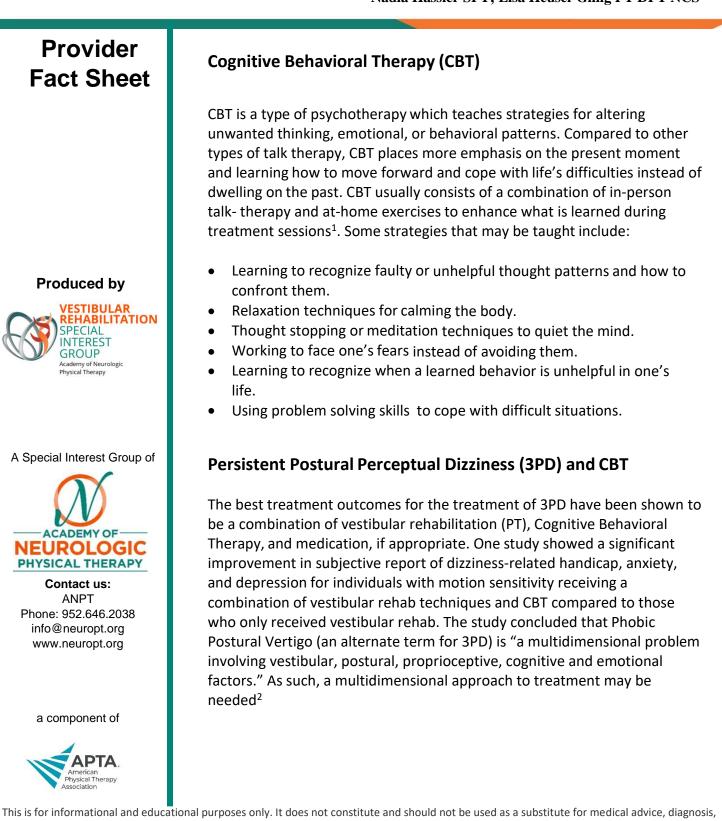
# **Cognitive Behavioral Therapy (CBT)**

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## The relationship between the inner ear, anxiety, and dizziness

We know that dizziness can cause anxiety – It can be really scary to experience! There is a physiologic reason for this as well.

The inner ear— the part of the body that detects motion and head position in relation to gravity – has nerve connections to many other parts of the body, including the brain, eyes, blood vessels, and abdominal organs. The reason for this is that the inner ear plays a role in regulating the sympathetic nervous system, more commonly referred to as our "fight or flight" response. This is why dizziness may cause feelings of nausea, increased heart rate, or faster breathing. Our brain interprets dizziness as danger and triggers these responses to help protect us.

Studies have shown that this relationship also works in reverse. Anxiety can trigger a sympathetic response which can then make us feel dizzy. Scientists believe that the areas in the brain that cause anxiety interact with the systems that cause dizziness and can influence each other. For this reason, it can be beneficial to treat anxiety and dizziness simultaneously<sup>3</sup>.

If insurance will not cover CBT, online psychotherapy may be an affordable option. Moreover, it is convenient since it can be conducted from home via secure text and voice messages, with the added bonus of having a record of sessions to go back to and review. The following websites are good places to start.

Search for a therapist that specializes in CBT. www.betterhelp.com www.talkspace.com

## References

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