



Live Well, Work Well

May 9, 2022



Recognize and reduce anxiety



Recognize when you're anxious

When you experience anxiety, your body knows it. Take time to recognize the signs your body gives you when you're feeling anxious:

- Trouble sleeping or sleeping too much
- Skipping meals or overeating
- Feeling worried/ difficulty concentrating
- Headache
- Stomachache
- Avoiding social situations
- Feeling panicked

Resources

¹<https://www.totalbrain.com/mentalhealthindex/>

²<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

Anxiety disorders are on the rise¹, with more than one in three adults reporting symptoms². Whether you've experienced anxiety before or it's newly developed, you can combat anxiety by recognizing and reducing the symptoms.

Reduce your anxiety

Once you've recognized your symptoms, you can take action in managing your anxiety. Here are several ways you can reduce your anxiety:



Breathe, be mindful and stay calm: Take a deep breath and accept that you're anxious. Use visualization or meditation to stay calm.



Fact check your thoughts: Pay attention to your thought patterns. Don't fixate on worst-case scenarios, and try to rationalize your fears. Redirect or put a positive spin on negative or unproductive thoughts.



Stay in your time zone: Anxiety is often a future-oriented state of mind. Stay present and try the 3-3-3 rule: name three things you see, three sounds you hear, and move three parts of your body. This mental trick can help center your body.



Redirect and get active: Creative outlets such as playing an instrument or crafting can help redirect your focus, just as staying physically active can. When you are physically active, your body releases endorphins, which are chemicals that act as natural painkillers. Just five minutes of aerobic exercise can also spark anti-anxiety effects.



Talk it out: Talk to a friend or family member. Sharing your feelings can also help to rationalize any fears. When you let others in, you cultivate hope and improve your sense of well-being.

For additional suggestions and information on how to manage anxiety, check out these resources:

The Anxiety and Depression Association of America provides anxiety management: <https://adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>

Empower Work provides free confidential counseling through text messaging: <https://www.empowerwork.org/>



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