

## EMPLOYEE ASSISTANCE PROGRAM

# MANAGING ANXIETY AND WORRY DURING UNCERTAIN TIMES

## TRAINING SERIES

Our rapidly changing world can lead us to worry. Although we all worry from time to time, excessive anxiety, and worry can affect us emotionally and physically and prevent us from functioning effectively in our work and family lives. In this training, learn how to pinpoint your most significant worries and develop a plan and strategies to manage them better. You will also hear tips on how to help others in your life to manage their anxiety.

**THURSDAY,  
OCTOBER 28, 2021**

**12:00 - 1:00 p.m.**

### Registration:

Advanced registration is not required. To view and listen to the live webinar, go to [bit.ly/3DgG9Eu](https://bit.ly/3DgG9Eu) on the day of the event.

- Event Password: 795E99JAIdI
- United States Toll: +1-408-418-9388
- Access code: 132 497 6969

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

### Learning Objectives

- Define the negative effects anxiety and worry has on your body.
- Identify thought patterns that lead to anxiety and worry.
- Demonstrate a formula to help navigate anxiety and worry.
- Describe some tips to help others deal with excessive anxiety and worry.
- Share additional support resources.

### Who Should Attend?

- These workshops are free to state employees and reservations are not required. Seating is on a first come, first-served basis.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

