

EMPLOYEE ASSISTANCE PROGRAM

UNDERSTANDING ANXIETY

Anxiety is something that everyone experiences from time to time. Occasional anxiety is normal, but for approximately 15% of adults the symptoms do not go away and can worsen over time. The good news is most anxiety symptoms can get better with therapy.

Common signs of anxiety include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

How to reduce anxiety

There's no way to predict what will cause someone to develop anxiety. If anxiety is making it difficult to get through your day, here are some techniques to help you cope:

- Clear your head by listening to music, meditating and learning about relaxation techniques.
- Exercise daily to help you feel good and maintain your health.
- Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.
- Check out the Employee Assistance Program counseling and self-help resources and see what works for you.

See your doctor or a medical professional if:

- You are worrying too much, or anxiety interferes with your work, relationships, or other parts of your life.
- Your fear, worry, or anxiety is upsetting you and difficult to control.
- You feel depressed, have trouble with alcohol or drug use, or have other health concerns adding to your worries.
- You think your anxiety could be related to a physical health problem.
- You have suicidal thoughts or behaviors. If this is the case, seek emergency treatment immediately.

Sources: [CDC.gov](https://www.cdc.gov), [NIH.gov](https://www.nih.gov), [Mayoclinic.org](https://www.mayoclinic.org), [Verywellmind.com](https://www.verywellmind.com)

