

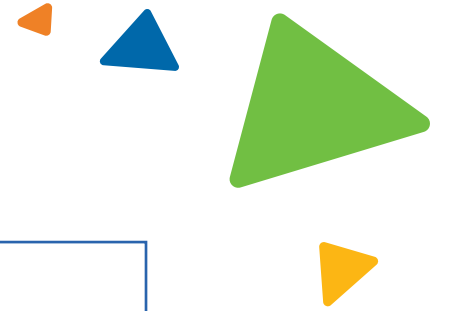


# Reducing Worry and Anxiety in the Moment and Beyond

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EAP TRAINING EVENT

# Objectives



Define	worry and anxiety
Identify	tools and techniques you can utilize to manage worry and anxiousness
Describe	how to implement these tools and techniques daily

# Worry and Anxiety

“Worry is an anxious way of thinking about oneself and the world. It usually involves thoughts about what bad things might happen in the future and/or whether the person will be able to cope with them.”

Association for Behavioral or Cognitive Therapies

“Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”

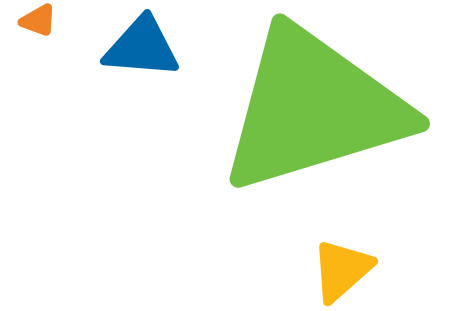
American Psychological Association



# Signs and Symptoms of Situational Anxiety

- Nervousness
- Restlessness or trembling
- Muscle tension
- Increased breath and heart rate
- Irritability
- Difficulty concentrating
- Dizziness
- Dry mouth
- Lightheadedness
- Nausea
- Sweating
- Diarrhea





# Self Check-In Practice



# Tools for Managing Anxiety in the Moment

## **Top-Down Approaches**

- Develop a new mindset about anxiety
- Change how you talk about anxiety
- Distinguish the worry from the worrying
- Challenge anxious thoughts
- Separate yourself from the anxious thought(s)
- Schedule worry time

# Tools for Managing Anxiety in the Moment

## Bottom-Up Approaches

- Walking
- Self-massage
- Tapping
- Progressive muscle relaxation
- Diaphragmatic Breathing
- Rule of Three



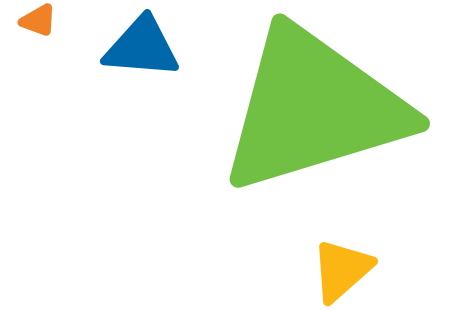
# When Should I Consider Seeking Help?



## **If you are experiencing one or more of these symptoms on most days:**

- Worry a great deal about everyday things or things out of your control
- Have trouble controlling your constant worries
- Know you worry much more than you or others think you should
- Unable to relax
- Have a hard time concentrating
- Easily startled
- Have trouble falling or staying asleep
- Feel tired all or most of the time
- Have headaches, muscle aches, stomachaches, or unexplained pains
- Tremble or twitch
- Irritable, sweat excessively, and/or feel light-headed or out of breath





Call toll-free

**(866) EAP- 4SOC (866) 327- 4762**  
**TTY: 711**

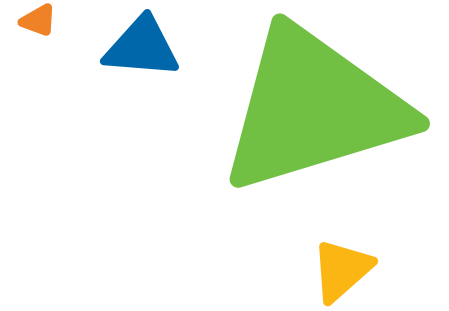
or visit us at [eap.calhr.ca.gov](http://eap.calhr.ca.gov) 24 hours a day/7 days a week

Thank you!

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