



# Reducing Worry and Anxiety in the Moment and Beyond

## Worry and Anxiety

### 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

Please rate how you feel on a scale from 1 to 10, with 10 being extremely anxious and 1 being calm and relaxed.

After the body scan, what sensation do you notice?

## Cognitive Strategies for Managing Anxiety: Top-Down Approaches

## Tools for Managing Anxiety in the Moment: Bottom-Up Approaches

### 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

### Resource

#### Your Program

- No-cost consultation
- Confidential—individual information is not reported back to your employer
- Available to you and your household members
- Easy to reach through your toll-free number or online
- Available 24 hours a day, seven days a week