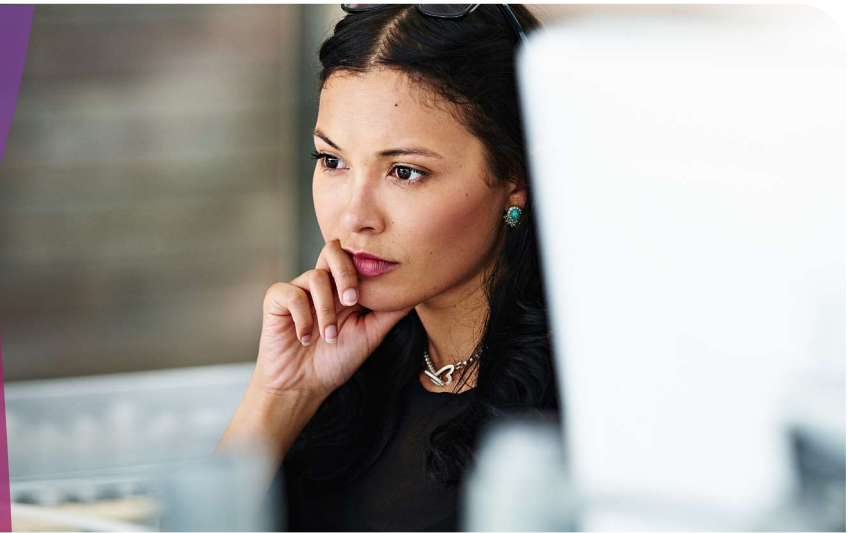


Feeling anxious? Learn how to control your worries



Our pressure-filled life presents many opportunities to feel anxious, from meeting work deadlines to keeping yourself and family safe and healthy, to paying the bills and so much more! But often the way you view situations, with irrational or pessimistic thoughts can amp up your anxiety. The tips below can help you change your thinking, challenge your worries and fears, and feel more balanced.

Set aside a specific “worry” time.

Giving free rein to worries can interfere with your productivity and enjoyment. Try setting aside a specific time each day, such as a half hour in the early evening, when you allow yourself to fret freely. During this time, write down your stressful thoughts in a “worry journal.” If worries creep in during other times of the day, postpone them until your worry time.

See if your worry has a solution.

If tight finances have you tied up in knots, research practical ways you can cut expenses and the resources available to help stretch your money each month. Taking action is often the best antidote to lift worry.

Challenge the “what if” type of worry.

Imaginary worries like, “if I mess up this work project, my future will be ruined” are usually based in fear. Ask yourself how likely is this to happen? Is your worry helping or hurting you?

Stop dwelling on the negatives.

Examples include: assuming everything that happens is your fault, expecting the worse-case scenario, and jumping to conclusions.

Practice mindfulness.

Stay focused on the present moment. Know that worries will drift past. Just observe them from afar, and then let them go. If you get stuck on a worry, tune into your breathing to stay anchored in the present.

Choose your friends carefully.

Limit time with worriers, complainers and hot-heads who feed into your anxiety, doubts and fears.

Turn to Health Advocate

An EAP professional can offer support and coping tips for a variety of issues to help you feel in control and productive.



866.799.2728

answers@HealthAdvocate.com

HealthAdvocate.com/ogrady

Call • Email • Message • Live Chat 

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2024 Health Advocate HA-M-2401066-57FLY

 **HealthAdvocate**SM