

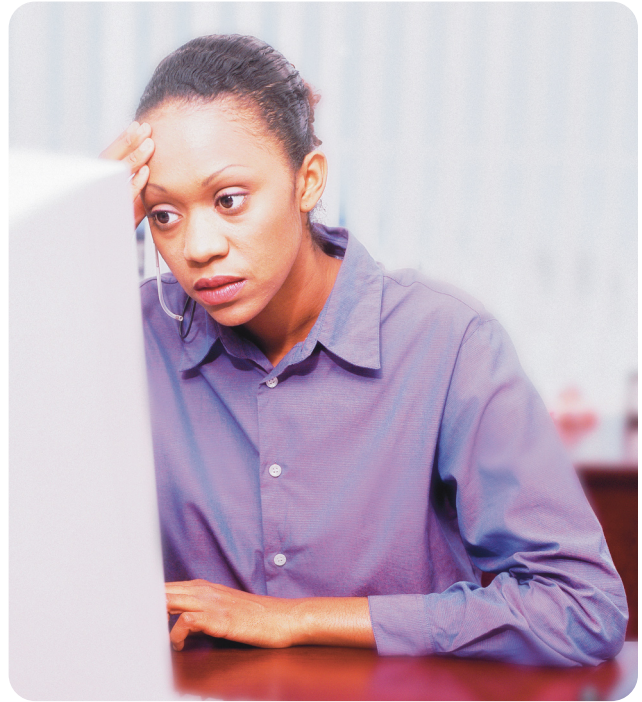
Managing Anxiety

It's not unusual to feel anxious in advance of an important life event or when you're doing something outside your normal routine. However, some people have difficulty letting go of anxiety or may frequently worry about ordinary events. They may even experience physical symptoms, such as:

- ▶ Feeling nervous, edgy, or unable to concentrate
- ▶ Difficulty falling asleep or staying asleep
- ▶ Muscle aches, nervous tension, or headaches
- ▶ Grinding teeth or pounding heartbeat

Whether you experience anxiety only occasionally or on a frequent basis, these tips may help manage your reactions:

- ▶ **Maintain perspective.** When you feel overwhelmed, take a step back and look at the big picture. Focusing on your long-term goals may help you get through the crisis of the moment.
- ▶ **Establish healthy boundaries.** Setting limits with others makes clear what behaviors you find acceptable. Working on your communication and listening skills will also help to minimize misunderstandings and conflicts.
- ▶ **Manage anger.** Anger is often the result of disappointment because events did not go as anticipated. Focus on what you can control and practice letting go of those things that are not within your power.



- ▶ **Tap into your spiritual beliefs.** Exploring your spirituality may help you put feelings of anxiety or worry into perspective. Yoga, meditation, or deep breathing exercises may also help with managing anxiety.
- ▶ **Eat healthy, exercise, and get sufficient sleep.** Maintaining a wellness routine will help you cope with the stresses of daily life and worries about the future.

Frequent anxiety is emotionally and physically stressful and may require professional help. LifeMatters is available to provide 24/7/365 assistance.

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