

Support for *Anxiety*



While some anxiety is normal, constant and untreated anxiety can be debilitating. Some symptoms to be aware of include:



Emotional symptoms

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger



Physical symptoms

- Pounding or racing heart and shortness of breath
- Sweating, tremors, and twitches
- Headaches, fatigue, and insomnia
- Upset stomach, frequent urination or diarrhea

Managing Anxiety

There are many things you can do to manage anxiety:

Practice relaxation techniques: Try meditation, yoga or Tai Chi to ease anxiety symptoms.

Prioritize your health: Regular exercise helps. Nutrition is key, so try to stick to healthy, balanced meals.

Research support groups: Joining a support group can provide an opportunity to share experiences and coping strategies.

Talk to your health care provider or your EAP: Discuss your goals and learn more about medication and other treatment options.

How can we help?



If you're burdened with anxiety, your GuidanceResources® Employee Assistance Program can help. Call your toll-free number **888.327.7501** or log on to guidanceresources.com using your organization's Web ID: **STATEFARM** to connect with counseling, work-life support, legal and financial guidance, and a wealth of other tools and resources to help you during challenging time. Talk to us for:

- Short-term counseling for anxiety, depression, or any other symptoms you may be feeling
- Understanding treatments for anxiety
- One-on-one coaching for improving diet, sleep, exercise, and other life factors that can contribute to anxiety symptoms
- Work-Life support to help with your to-do list

24/7

Live
Assistance

Call: 888.327.7501
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