

Employee Assistance Program *Tip Sheet*

Anxiety Unmasked: Identifying Triggers for Better Management

Anxiety is a natural response to stress, but when it becomes overwhelming, it can interfere with daily life. Learning to recognize your anxiety triggers is a crucial step toward managing it effectively.



Common Anxiety Triggers

- **Workplace Stress** – Tight deadlines, high expectations, and conflicts can heighten anxiety.
- **Relational Responsibilities** – Balancing parenting, caregiving, or relationship challenges can be overwhelming.
- **Social Situations** – Fear of judgment or rejection may trigger anxious feelings. Loneliness and social isolation can also contribute to anxiety.
- **Health Concerns** – Uncertainty about personal or loved ones' health can increase stress.
- **Major Life Changes** – Transitions like moving, job changes, financial instability, or major events such as natural disasters can contribute to anxiety.

How to Identify Your Triggers

- **Track Your Anxiety** – Keep a journal of when and where your anxiety spikes. Patterns may emerge over time.
- **Assess Physical Reactions** – Notice symptoms like a racing heart, sweating, or tense muscles. Your body may react before your mind registers anxiety.
- **Reflect on Thought Patterns** – Are you frequently worrying about worst-case scenarios? Identifying negative thought loops can help break the cycle.

Managing Triggers for a Calmer Mind

- **Practice Mindfulness** – Deep breathing and meditation can ground you in the present.
- **Set Healthy Boundaries** – Reduce unnecessary stressors in your work and personal life.
- **Seek Support** – Talking to a professional or trusted friend can help process anxious thoughts.

If anxiety is impacting your well-being, reach out to your Employee Assistance Program (EAP) for free, confidential counseling and support.

Source: American Psychological Association: <https://www.apa.org/topics/anxiety/> National Institutes of Mental Health: <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

24/7/365 PHONE:
1.866.795.5701

WEBSITE:
EAPHelpLink.com
CODE: HCPS



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Your Employee Assistance Program Online Seminar



Anxiety Unmasked

In this seminar participants will explore the nuances of anxiety, learning to identify their triggers for more effective management and calmer navigation through life's uncertainties.

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LET US HELP

Visit the website below starting May 20

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.866.795.5701

COMPANY CODE: HCPS

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