

# Addressing Anxiety in an Uncertain World



Are you finding yourself on edge more often than not and struggling with nagging worries or fears? You are not alone. Try the following steps to help alleviate your anxiety.

- **Distance yourself from media/social media.** Most media coverage is negative and can fuel catastrophic thinking.
- **Focus your attention somewhere else.** Instead of giving into unproductive worry, recognize when these thoughts start and distract yourself with something else.
- **Focus on facts.** Remind yourself that if you take care of yourself and follow safety guidelines, your risk of COVID is still low. Behaviors that go beyond the CDC guidelines may further reinforce anxiety, like excessive cleaning or social isolation.
- **Focus on what you do have control over.** Put your energy into areas of your life that you can influence, like picking up a new hobby or getting more organized.
- **Engage in stress reduction activities every day.** Think about what lowers your stress. Does exercise, listening to music, cooking, sitting outside, meditating, or gardening help you? Practice at least one of these a day.
- **Stay hopeful.** Despite uncertainty, conditions will improve, and it is important to look to the future with a positive outlook.
- **Seek out professional help.** If you are struggling to manage feelings of anxiety despite your best efforts, contact your Employee Assistance Program for help today.

*Goodman, Ken. Top Ten COVID-19 Anxiety Reduction Strategies. Anxiety and Depression Association of America. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>. October 1, 2020.*



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:  
1.800.999.1077

WEBSITE  
EAPHelpLink.com

CODE:  
EAPNOW