

Riding the Tiger: Serenity in the Age of Anxiety

Personal Essentials



Best Care EAP Can Help!

For free, confidential support for you, your employees, and your dependent family members, contact us today.

402-354-8000 | 800-801-4182

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The Nature of Anxiety

Anxiety is a feeling of worry, nervousness, or unease, typically about an impending event or something with an uncertain outcome. There are three basic types:

- *Natural* – uneasy feeling that keeps you alert to danger and opportunity and prompts you to confront situations and take effective action.
- *Sacred* – uncertainty experienced when grappling with life’s Big Questions.
- *Toxic* – generalized sense of dread about something out there that seems menacing, but that in truth is not menacing, and may not even be out there.

Activity – Pinpoint Your Anxieties

Work	School
Relationships with significant others	Finances
Social events	Illness
Animals (large dogs, spiders, etc.)	Things (thunderstorms, etc.)

Coping with Anxiety

- Accept your anxiety and allow for it to pass.
- Use a variety of relaxation techniques such as deep breathing and progressive relaxation.

- Challenge the validity of your anxiety.
- Make a “Problem List” and progressively desensitize yourself to the anxiety each engenders.
- Implement simple lifestyle changes such as doing less and enjoying more, establishing and sticking to a schedule, getting enough sleep, and so on.
- Know when to get help.

Anxiety Action Plan

Based on what you’ve just learned, what’s one thing that you’d be willing to commit to doing in the next 30 days that would help you better cope with anxiety? Jot that one thing down in the space below. Please be willing to share your decision with the rest of the participants/

Additional Resources

- *Emotional intelligence 2.0* by Bradberry and Greaves
- *The gift of maybe: Finding hope and possibility in uncertain times* by Carmen
- *Man’s search for meaning* by Frankl
- *The upside of stress: Why stress is good for you, and how to get good at it* by McGonigal

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today’s webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP’s services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:
