

COPING WITH ANXIETY AND PANIC

Anxiety is a normal response to danger and threat. Anxiety can be caused by an event or thought that makes you feel frustrated, angry or nervous.

An intense bout of disabling anxiety is commonly known as a panic attack and usually last about 10 minutes. Common symptoms are: racing or pounding heart, sweats, chills, light-headedness, dizziness, tingly or numb hands, and chest or stomach pains. Anxiety and panic are usually linked to stress.

Here's a Take Action List to help you **SHRINK YOUR WORRIES**:

- **Question** – Is it really a problem?
- **Talk it out** – Share with someone you trust.
- **Write it out** – Put it on paper. It's easier to see it in perspective.
- **Work it off** – Do something physical. Give your tension an outlet.
- **Shrug it off** – Raise your shoulders, and then drop them. Relax your whole body.
- **Balance it** – Find the good side of a problem or situation as well as the bad.
- **Breathe it away** – Inhale deeply; exhale with a sigh a few times. Let your tension go as you breathe.
- **Hold it** – Say 'stop', pause and steady your thoughts. Now take a fresh look.
- **Make it positive** – Surround yourself with joyful colors and sounds and use your strengths.
- **Take a time-out** – practice yoga, listen to music or step away from the situation.



OTHER WAYS TO HELP YOURSELF

- **Eat well-balanced meals – and don't skip meals!**
- **Get enough sleep**
- **Do your best instead of trying to be perfect**
- **Accept that you cannot control everything**
- **Take deep breaths. Inhale and exhale slowly**
- **Count to 10 – slowly**
- **Welcome humor**
- **Maintain a positive attitude**
- **Learn what triggers anxiety**



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

For Additional Assistance. . .

**CONTACT YOUR EAP CALL
(215)863-2041**

**For employees in the 190/191 zip code areas
1-800-EAP-4YOU (1-800-327-4968)**

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