

TOPIC: ANXIETY

Potential Signs of Anxiety

- Feeling nervous, restless, anxious or on edge
- Not being able to stop or control worrying
- Becoming easily annoyed or irritable
- Feeling afraid as if something awful might happen

Impact on Your Work

- Procrastination and avoidance
- Poor decisions or quality of work
- Strained working relationships

Five Ways to Help Yourself

1. Change your thinking
2. Avoid alcohol, caffeine, chocolate and nicotine
3. Relieve tension with exercise, massage and meditation
4. Get enough sleep
5. Get professional help by talking with your healthcare provider/contacting your EAP

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



Anxiety: Don't believe everything you think!