

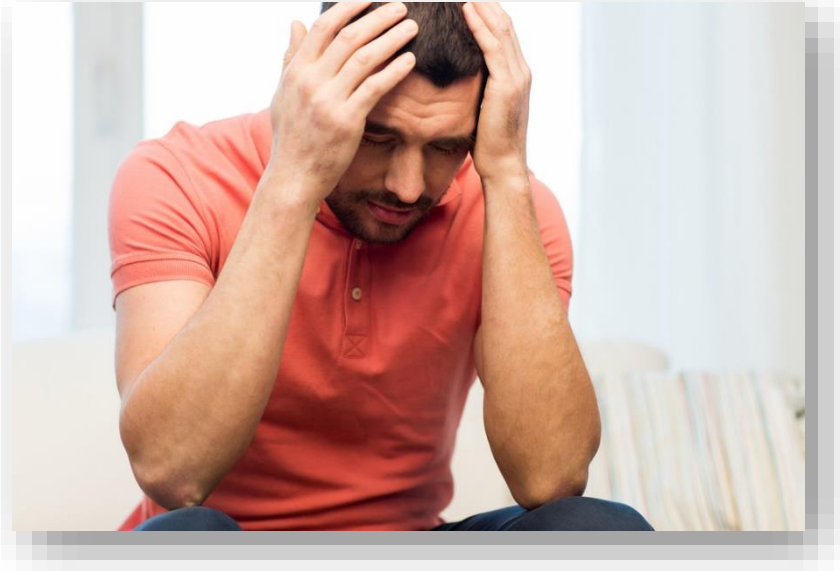
Managing Anxiety and Worry During Uncertain Times

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Objectives

- **Define the negative effects anxiety and worry has on your body.**
- **Identify thought patterns that lead to anxiety and worry.**
- **Demonstrate a formula to help navigate anxiety and worry.**
- **Describe some tips to help others deal with excessive anxiety and worry.**
- **Share additional support resources.**

Anxiety and Worry



Constantly focus on “what might happen”

Feel an impending sense of doom

Unrealistic fears

Use unhealthy means to cope with fears

- Smoking**
- Overeating**
- Substance use**

Physical Affects of Anxiety and Worry

- Headaches
- Trouble sleeping
- Poor concentration Irritability
- Dizziness
- Nervous energy
- Feeling weak & tired
- Sweating
- Muscle tension & aches
- Trembling
- Decreased immune response
- Nausea
- Diarrhea
- Constipation
- Racing heart
- High blood pressure
Shortness of breath
- Dry mouth
- Difficulty swallowing



When Should I Consider Seeking Help?

If you are experiencing one or more of these symptoms on most days:

Worry a great deal about everyday things or things out of your control

Have trouble controlling your constant worries

Know you worry much more than you or others think you should

Unable to relax

Have a hard time concentrating

Easily startled

Have trouble falling or staying asleep

Feel tired all or most of the time

Have headaches, muscle aches, stomachaches, or unexplained pains

Tremble or twitch

Irritable, sweat excessively, and/or feel light-headed or out of breath

Using Self-Coaching with Anxiety and Worry

Analyze the situation

Evaluate the accuracy of your thoughts

Improve upon what you can control

Analyze Your Situation

What are you anxious and worried about?

- **Write down all the things you worry about.**
- **Select three things you worry about the most.**
- **Write down why you are worried about these three things.**
- **Scale the intensity of your worry.**

Evaluate the Accuracy of Your Thoughts

What evidence do you have that these things are true?

- **“Am I blowing this out of proportion from the facts?”**
- **“Am I focusing on the negative and minimizing the positive?”**
- **“Am I jumping to conclusions?”**
- **“Am I taking this too personal?”**
- **“Am I putting unrealistic expectations on myself and others?”**

If these things are true, what can I do about it?

- **“How can I deal with this?”**
- **“What are my options?”**

Improve Upon What you can Control

– What do you have control over?

• “How can I turn my thoughts into action steps?”

1. Schedule a family meeting to talk to my kids about health and safety practices.
2. Demonstrate and practice health and safety practices with my kids.

Supporting Others

- Educate yourself.
- Reinforce positive behavior.
- When measuring success, don't compare.
- Help to set realistic goals.
- Ask how you can help.
- Encourage him/her to seek help if needed.



Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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