

Living In Anxious Times

Coping with Anxiety

The recent tragic shooting in our community has shaken individuals, families, schools, churches, and workplaces. What can we do to move through this difficult time and take care of ourselves, our families and our community?

The world's problems seem too big for you to handle for one simple reason—they are! Think about it—you have little to no control over weighty things like crime, poverty, oppression, terrorism, and world hunger. What you can control, however, are your thoughts, actions, associations, and lifestyle. This is key to a happier life.

With that in mind, here are some tips to help you manage stress and anxiety:

- Try to rest a bit more
- Contact friends
- Maintain as normal a schedule as possible
- Eat well-balanced and regular meals
- Physical activity is often helpful
- Turn off the TV; overexposure to the tragedy increases your stress
- Don't drink alcohol or use drugs to cope
- Explain the events to children in simple, age appropriate terms
- Talk about your worries with friends and loved ones
- Call the EAP, talking can help with the stress

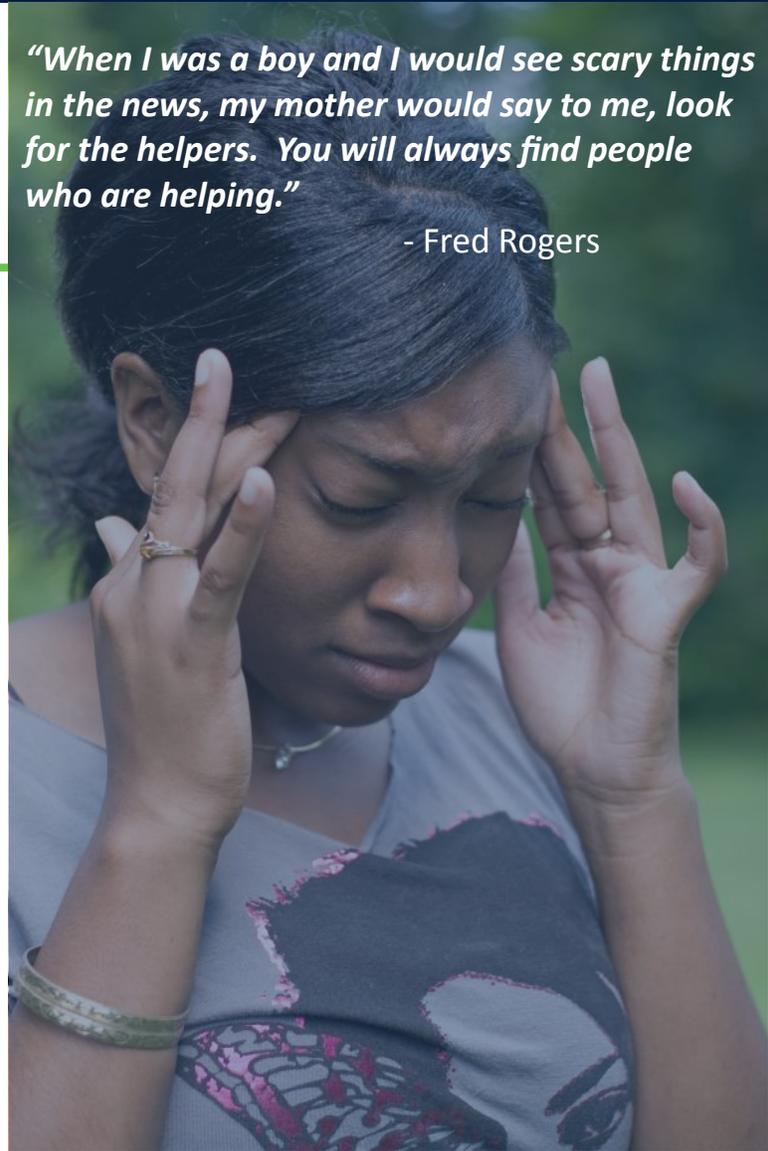
Finally, don't beat yourself up for feeling anxious. A certain amount of stress is unavoidable.

The key to managing it is changing your habitual reactions to it. Your Employee Assistance Program has the knowledge, tools, and resources to help.

We are available 24/7 to take your call.

"When I was a boy and I would see scary things in the news, my mother would say to me, look for the helpers. You will always find people who are helping."

- Fred Rogers



Below are two links to blogs on our website that may be helpful. In addition, you can go to www.lytleap.com, sign in with your password, and click on the link "Go Directly to Work/Life Web Resources".

<http://www.lytleap.com/how-to-take-care-of-yourself-after-a-difficult-time/>

<http://www.lytleap.com/how-to-live-and-thrive-in-anxious-times/>

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