

HERE'S TO HEALTH

Questions to ask yourself to help manage anxiety

What physical symptoms arise when experiencing anxiety?

How can I ease physical symptoms of my anxiety?

What can you tell yourself that gives you a sense of coping rather than feeling victimized?

How can I prepare myself to stay safe in public?

When can I schedule some "me time" in my day?

How did things turn out last time I felt anxious about a new element in my life?

How can my employer help me feel comfortable returning to work?

Return to work anxiety?
You are not alone.

RETURN TO WORK
ANXIETY EDITION


AssuredPartners

Techniques to Cope

Slowly count to 10

Limit caffeine

Try aromatherapy

Write down your thoughts

Go for a 15 minute walk

Practice focused deep breathing