

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