Fear and Anxiety: Moving Forward



Anthem EAP

1

What is Fear?

"An unpleasant emotion caused by being aware of danger: a feeling of being afraid"

- Merriam Webster
- $\,{}^{\circ}\,$ Fear is an emotion we experience when faced with a threat or danger
- Fear is a survival mechanism and can also help protect us from danger: fight or flight response
- Fear is usually short-lived and dissipates once the source is gone

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"I've been absolutely terrified every moment of my life and I've never let it keep me from doing a single thing I wanted to do."

- Georgia O'Keeffe

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What	IS A	nxiet	V :

"Apprehensive uneasiness or nervousness usually over an impending or anticipated ill, fear or nervousness over what might happen"

- Merriam Webster
- Anxiety is when fear becomes maladaptive
- Symptoms of anxiety may persist after the immanent danger is gone
- · Anxiety can occur in anticipation of a threat

4

Top 10 Fears in Today's World

- Corrupt government officials People I love dying A loved one contracting COVID-19 People I love being seriously ill Widespread civil urrest A pandemic or major epidemic Economic/financial collepse Cyberterrorism Pollution of oceans, rivers and lakes Biological warfare

According to the Chapman University Survey of American Fears Wave 7 - 2020-2021



5

Ask Yourself

- · What am I fearful of?
- · What makes me anxious?
- · What keeps me up at night?

Fears at Work

- Deadlines
- New policies and procedures
- Organizational change
- · Keeping up with technology
- Challenging situations

7 7

Fears at Home



- Health issues
- Finances
- Responsibilities
- Schedules
- · Changing relationships
- · Aging family members

8

The Power of Your Thoughts

- Notice your thoughts/self-talk
- What am I afraid of?
- Is it real or imagined?
- · Challenge your thoughts: test their validity
 - If they are not valid, dispute them
- Reframe your thoughts
- Use positive affirmations

9

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Coping	Strategies

- · Check in with yourself regularly
- Name the fear or source of anxiety
- Embrace it Own it!
- · Think it through, respond instead of react
- Gather information information is power

10

More Coping Strategies

- Keep things in perspective
- Remain positive
 Focus on what you can control
 Take action to change the situation
- Find role models
- Surround yourself with positive people Get support from friends and family Seek professional help if needed



11

Soothing Techniques

Creati	ive Ideas	
Music: h Watch m	nce silence nave a "go to" theme song novies with impact adventures	
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Be Mindful to Avoid:



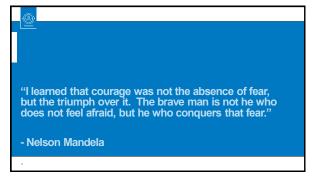
- Using food to ease emotions
- Using alcohol or drugs to self-medicate
- Shopping to comfort yourself
- Engaging in toxic relationships

14

Pushing Through

- · Expect some discomfort
- Expect and embrace some failure
- Practice self-compassion
- Remember: any feeling is OK

Apps to Help Ease Fear and Anxiety Meditation Apps Headspace Calm 10% Happler Sarvell Sarvell Breathing Apps Breathwrk Ilbreath Journaling App Nocotroles Adult Cotoring App Colorly







19

THANK YOU FOR PARTICIPATING!

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