


Fear and Anxiety: Moving Forward



AnthemEAP

1


What is Fear?

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

- 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

2

2



"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

3

3

What is Anxiety?

"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

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 unrest
- A pandemic or major epidemic
- Economic/financial collapse
- Cyberterrorism
- Pollution of oceans, rivers and lakes
- Biological warfare



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

5

5

Ask Yourself

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

6

6

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

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

9

Coping Strategies

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

10

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

11

Soothing Techniques

- Self-care
- Practice mindfulness, stay in the here and now
- Slow down and take breaks
- Deep breathing
- Meditation
- Yoga
- Visualization
- Guided Imagery
- Practice gratitude
- Progressive muscle relaxation
- Journaling
- Pleasurable activities
- Get outside

12

12

Creative Ideas

- Experience silence
- Music: have a "go to" theme song
- Watch movies with impact
- Try new adventures

13

13

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

14

Pushing Through

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

15


15

Apps to Help Ease Fear and Anxiety

- Meditation Apps**
 - Headspace
 - Calm
 - 10% Happier
 - Insight Timer
 - Sanvello
- Breathing Apps**
 - Breathwrk
 - iBreathe
- Journaling App**
 - Moodnotes
- Adult Coloring App**
 - Colorfy

16

16



"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."


- Nelson Mandela

17

17

Evaluation

Survey QR Code



18

18

Anthem EAP
is here for you.

Visit the website: <antheeap.com>
And enter company code: Fulton
Call us: 800-999-7222



19

THANK YOU FOR PARTICIPATING!
Fear and Anxiety: Moving Forward

AnthemEAP

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANHEAP is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

20
