

# ANXIETY

Follow these tips to navigate a healthy work environment if you feel anxious at work. These tips also serve as a guide to support those experiencing anxiety. Opening up with your employer, coworkers and those close to you about what is going on will allow them to create a healthy response to your mental health challenges.

## Grounding and Breathing Exercises

When you start to feel symptoms of anxiety at work, take a few moments to be intentional with your breath. Try a breathing exercise like 4-square breathing. Grounding exercises also help alleviate anxiety. Use these methods at the first sign of anxiety!

## Take Breaks and Set Boundaries

Set yourself up for success by taking breaks during the day to relax. Setting up breaks and boundaries allows you to keep a healthy routine as well as creating a sense of normalcy and control which can reduce anxiety.

## Habits

Little habits go a long way. Being consistent in healthy habits such as exercising, getting enough sleep, eating nutritious food, and staying hydrating are ways you can keep not only your physical body healthy but your mental health as well.

## Challenge Yourself


If you struggle with anxiety in meetings or presentations, create small challenges to get comfortable sharing your thoughts and opinions. By challenging yourself to speak up in meetings you are strengthening the skill and making progress towards being more confident and less anxious about speaking up!

## Be Intentional With How You Disconnect After Work

Disconnecting and decompressing after work is an essential component of maintaining a sense of wellness and preventing burnout. Take some time to set a routine that helps you mentally remove yourself from work.

<https://hopeandhealingcenter.org/get-help-hope-line/>



 **The Hope Line**  
**(832) 831-7337**

Relational Issues | Work Stress | Recent Trauma | Mental Health Resources  
**Open daily, 5 PM - 8 PM CT**  
www.hhci.org In case of emergency, please call 911.