ANXIETY

WHAT IS ANXIETY?
Anxiety is our body’s response to stress and danger

COMMON TYPES OF ANXIETY
• Generalized Anxiety Disorder: Excessive worry about daily life events and activities
• Social Anxiety Disorder: Feeling uncomfortable in social situations
• Panic Disorder: Experiences unexpected and repeated panic attacks

COMMON SIGNS AND SYMPTOMS
• Difficulty sleeping
• Difficulty controlling feelings of worry
• Having headaches and/or muscle aches
• Difficulty concentrating
• Having muscle tension and/or aches
• Withdrawal from social situations

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical
• Feeling weak and/or tired at work
• Increased breathing and/or heart rate
• Sweating
• Nauseous

Cognitive
• Difficulty multi-tasking
• May be easily distracted
• Difficulty following instructions and concentrating

Emotional
• Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work
• Avoiding social situations at work
• Having negative thought patterns

WORK-RELATED STRESS MANAGEMENT
• Contact your health care provider for assessment and management of your symptoms
• If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support
• For more information, please refer to:
  • Anxiety Canada Resources
  • CAMH BC Anxiety Disorders Resources
  • FearTools – Lower your anxiety with effective tools

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectortjue on Freepik