

# 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](#)