

Employee Assistance Program *Tip Sheet*

Anxiety Unmasked: Identifying Triggers for Better Management

Anxiety is a natural response to stress, but when it becomes overwhelming, it can interfere with daily life. Learning to recognize your anxiety triggers is a crucial step toward managing it effectively.



Common Anxiety Triggers

- **Workplace Stress** – Tight deadlines, high expectations, and conflicts can heighten anxiety.
- **Relational Responsibilities** – Balancing parenting, caregiving, or relationship challenges can be overwhelming.
- **Social Situations** – Fear of judgment or rejection may trigger anxious feelings. Loneliness and social isolation can also contribute to anxiety.
- **Health Concerns** – Uncertainty about personal or loved ones' health can increase stress.
- **Major Life Changes** – Transitions like moving, job changes, financial instability, or major events such as natural disasters can contribute to anxiety.

How to Identify Your Triggers

- **Track Your Anxiety** – Keep a journal of when and where your anxiety spikes. Patterns may emerge over time.
- **Assess Physical Reactions** – Notice symptoms like a racing heart, sweating, or tense muscles. Your body may react before your mind registers anxiety.
- **Reflect on Thought Patterns** – Are you frequently worrying about worst-case scenarios? Identifying negative thought loops can help break the cycle.

Managing Triggers for a Calmer Mind

- **Practice Mindfulness** – Deep breathing and meditation can ground you in the present.
- **Set Healthy Boundaries** – Reduce unnecessary stressors in your work and personal life.
- **Seek Support** – Talking to a professional or trusted friend can help process anxious thoughts.

If anxiety is impacting your well-being, reach out to your Employee Assistance Program (EAP) for free, confidential counseling and support.

Source: American Psychological Association: <https://www.apa.org/topics/anxiety/> National Institutes of Mental Health: <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
EAPHelpLink.com
CODE: IOWA



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