

Managing Stress And Anxiety At Work

(NAPSA)—Not surprisingly, the majority of American workers suffer from stress and anxiety in their daily lives. However, according to a new survey by the Anxiety Disorders Association of America (ADAA), close to half of U.S. employees report experiencing daily anxiety that is persistent and excessive. And while only 9 percent have been diagnosed with an anxiety disorder, almost one-third have taken prescription medication to manage stress, anxiety and related disorders.

A certain amount of stress and anxiety is normal—at work and at home. A looming deadline, an unpaid bill or other pressures can cause anyone to suffer physical and mental symptoms of anxiety, which usually subside after a short period of time or after the problem is resolved. However, “persistent, excessive and irrational anxiety that interferes with everyday functioning is often an indication of an anxiety disorder,” explains ADAA President & CEO Jerilyn Ross, M.A., L.I.C.S.W.

Affecting approximately 40 million American adults, anxiety disorders are serious medical conditions that fill people’s lives with overwhelming anxiety, worry and fear. They include generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, social anxiety disorder and specific phobias. Although serious conditions, these disorders are treatable.

Other key findings from the Stress & Anxiety Disorders Survey include:

- Almost three-quarters of people who have stress or anxiety say it interferes with their lives at least moderately.

- One in four employees reports persistent stress or excessive anxiety has impaired their ability to function in the past six months.



Stress and anxiety are a normal part of life, but persistent and excessive anxiety may be an indication of something else.

- Almost half of people diagnosed with an anxiety disorder say their condition affects their performance, quality of work, and relationships with people at work.

Stress Management At Work

The demands of the workplace, including deadlines, presentations and interactions with many different people, are major sources of stress for everyone. However, for people with anxiety disorders, these demands can make their symptoms worse. The ADAA offers these tips for everyone for managing workplace stress and anxiety:

- **Practice time management.** Make to-do lists. Prioritize your work. Schedule time for each task. Take a time-management course if necessary.

- **Plan, prepare and don’t procrastinate.** Get started on major projects as early as possible. Anticipate problems and do what you can to prevent them.

- **Be realistic.** Don’t overcommit yourself by volunteering for projects you don’t have time for.

- **Communicate with your boss.** Speak up—calmly and diplomatically—if you have too much on your plate. Your boss may not realize you’re overextended.

If you feel overwhelmed by stress and anxiety, and stress-reduction methods are not working, speak to your doctor or a mental health professional. To learn more, visit www.adaa.org.