

## Wellness at Work

48 % of people skip lunch at least once per week. Eating and drinking plenty of water during the day increases productivity!



## Did you know?

80 % of people report that they feel stress on the job. Nearly half of those people admit that they need help to manage that stress. Try getting up every hour to move or stretch and take a series of deep breaths.



## Self Care Challenge

Take 10 minutes in the morning to stretch. You can do this to music or enjoy the quiet!



## Performance Anxiety at Work

March Madness is here! We were reflecting on the pressure and performance anxiety these athletes likely experience and it brought us to think about how we experience similar pressures in our professional lives. Professional anxiety encompasses the stress and worry individuals experience related to their work or career. This can come from concerns about layoffs or downsizing, technological advancements that threaten job security, and concerns about finances and insufficient salaries. It can also come from fear of not meeting expectations, unsupportive work environments that include bullying, and difficulty balancing work and personal commitments. Signs and symptoms of anxiety can be physical like fatigue and muscle tension. They can be emotional such as excessive worry and difficulty relaxing. Behavioral symptoms include avoidance of triggering environments or increased use of substances. Managing professional anxiety often involves a combination of strategies, including:

- **Setting Boundaries:** Establishing clear boundaries between work and personal life, and prioritizing self-care.
- **Seeking Support:** Talking to a mentor, coach, therapist, or supportive colleagues.
- **Addressing Underlying Issues:** Identifying and addressing underlying issues contributing to professional anxiety, such as perfectionism, low self-esteem, or fear of failure, through therapy or self-reflection.



## Coping Skill Ideas

- Mindfulness
- Deep breathing
- Progressive muscle relaxation
- Journal
- Exercise
- Enjoy nature
- Engage in a hobby
- Listen to music
- Make a gratitude list
- Spend time with family or friends



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