Managing Fear and Anxiety

A presentation delivered to you on behalf of Carelon Behavioral Health

Managing Fear and Anxiety

Acknowledging negative thoughts can take away their power.

How you perceive a situation affects your reaction more than the situation itself.



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Childhood Fears

- Loud Noises
- Large/unfamiliar objects that might seem looming
- Strangers
- Separating from parents
- The dark
- Snakes and spiders
- Current events / upsetting news stories



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Adult Fears

- Public Speaking
- Flying in an airplane
- Dental visits
- Spiders
- Failure
- Losing our sense of security
- What are your fears?

What is Anxiety?

A response to real or perceived threats, often felt as uneasiness or dread

Common signs include:

- Persistent, intrusive, and uncontrollable worry
- Restlessness or becoming easily fatigued
- Overwhelmed by daily tasks or difficulty concentrating
- Physical aches, muscle tightness or tension

Fear and anxiety are normal adaptations that protect us from dangerous situations – we can learn to overcome them



Understanding the Power of Your Thoughts

Cognitive Behavioral Therapy – Helps people conquer self-doubts

1. Identify Negative Thoughts
   - What thoughts triggered your anxiety?
2. Challenge Negative Thoughts
   - What evidence supports this? Is it realistic?
3. Replace Negative Thoughts With Realistic Ones
   - How did you make it through this situation before? What was the outcome?



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Mindfulness/Acceptance

- Stay present and notice thoughts without judgment.
- Focus on your breathing and physical sensations.
- Examine—not eliminate—negative thoughts and their influence.
- Stick to the facts and think rationally.
- Look for small positive moments and stay committed to a positive mindset.



Suggestions

Talk to someone to address your frustrations or write it out

Pause and ask yourself: How will I handle this?

Allow negative feelings to exist and pass through

Pick a focal point to focus on to help isolate your thoughts

Give yourself some compassion

Reach out for support

Practice Breathing Exercise

- Take a slow, deep breath in through your nose lasting 5 seconds
- Hold for a few seconds
- Breath out slowly through your mouth
- Repeat 10 times
- Repeat many times during the day



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Additional Soothing Techniques

- Meditation/Deep breathing
- Exercise or take a walk
- Positive Affirmations:
  - “I have made it through this situation before; I will get through it again”
- Aromatherapy: sandalwood, lavender, cinnamon
- Guided meditation: walk through a scene
- Slow down and take breaks when possible



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Apps for Anxiety



How the EAP Can Help

- Planning for life events
- Managing depression, anxiety, stress, grief, and loss
- Strengthening relationships
- Achieving personal and professional goals
- Getting addiction assessment and treatment recommendations
- Balancing work and life issues
- Planning for a strong financial future
- Sorting through legal matters



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Contact Your EAP

*Confirm available EAP benefits with your district's benefits department.

- Many school district benefit administrators offer confidential EAP services for employees and household members.
- Services may include counseling, stress and resilience support, referrals, and phone or virtual access.
- Benefit limits and available services vary by plan.



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Evaluation

Thank you!



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