

One Source

Employee Assistance
Program



Which Is It?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

If anxiety is interfering with your life or bothersome in ways that interfere with your relationships, your job and your happiness, seek some counseling and support. Failure to understand anxiety can lead you to suffer longer as you struggle to control its symptoms. This can contribute to additional stress and health problems like depression. Reach out and get the proper help from a mental health professional. *Call the One Source Employee Assistance Program 1-800-300-0628 for a therapist near you.*