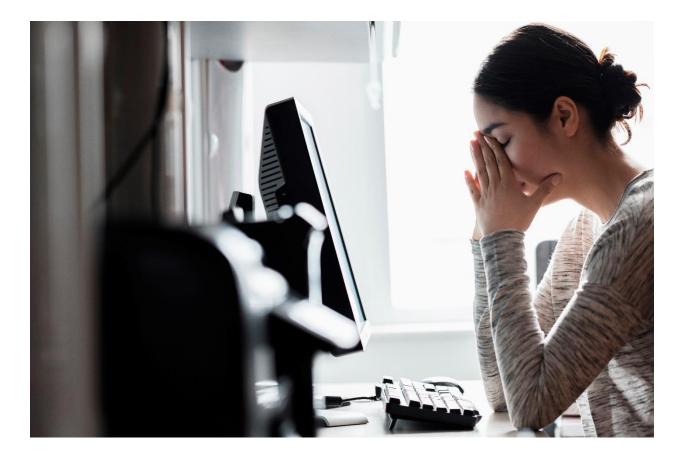# Anxiety in the Workplace

Each of us has experienced some sort of anxiety or stress within our workplace. Having an anxiety disorder can make a major impact in the workplace. The cause of anxiety in the workplace depends on the individual. Some may be anxious about the tasks associated with a promotion, socializing at work parties, upcoming deadlines, and so many other factors. Based on a national survey from the Anxiety Disorders Association of America, only 9% of Americans are diagnosed with anxiety but 40% of individuals deal with anxiety in their day-to-day lives. Anxiety at work can cause many problems, so it's important that it is addressed and that resources are available to employees.

Companies and organizations may not realize this, but anxiety is negatively impacting our economy. Rob Cooke, a wellness advocate, and relationship manager, claims that the cost of work-related stress in the U.S. is about $300 billion annually. This cost is related to productivity and wellness, which is linked to employee disengagement, chronic diseases, and work-related injuries and illnesses. When each of these factors are added it up, the cost is equal to $2.2 trillion annually, which is equivalent to 12% of our GPD. He also claims that as Americans, we allow our well-being and personal care take a back seat in our lives and it is time that we begin to put our wellness on the forefront.

Symptoms of workplace anxiety:

- Avoiding friends and family
- Constant worrying
- Crying
- Feeling irritable, tired, or tense
- Feeling like you need to be perfect
- Having trouble sleeping
- Having trouble concentrating or remembering things
- Losing interest in your work
- Overeating or undereating
- Feeling jittery
- Sweating
- Pounding or racing heart
- Shaking or trembling
- Trouble falling asleep or staying asleep

Many of us experience workplace anxiety because of the way we think about stress. We tend to think of stress as a consequence of our actions, but it is really a cultural issue. As Americans, we spend most of our time at work, making it difficult to manage a work-life balance. We've created a culture where our overall well—being and personal care tend to take a back seat. It is time that we begin focusing on ourselves more, which will, in turn, make us more productive in many distinct aspects, including work.

Although it is important that you learn how to handle and manage your anxiety, it is also important that employers value the anxiety that their employees may face. Most employees look up to their supervisors, so it can be helpful for employers to relate to these problems with their employees. Sharing a time or a story about anxiety that they have faced can make employees feel normal and give employees hope that their anxiety will also go away. Employers also need to show support, whether this be allowing flexibility, delivering resources, or improving communication.

Tips to Manage Stress and Anxiety at Work

- Keep working!
- Tell someone you trust
- Educate yourself
- Practice time management
- Plan and prepare
- Do it right the first time
- Be realistic

- Ask for help
- Communicate
- Stay organized
- Avoid toxic coworkers
- Take breaks
- Set boundaries
- Savor success
- Plan a vacation
- Take advantage of employee resources and benefits
- Be healthy

It is easy to stop working, but it's difficult to stop thinking about work. Some people can do well at work when anxious or stressed, but some do not. It can be comforting for employees to hear when their supervisors struggled with anxiety or depression and how they overcame those situations. By providing a workplace that is comforting and inclusive for all employees, the performance of teams will improve. If you are experiencing anxiety or depression, it may help to communicate with your supervisor about your struggles so you both can try to find a solution.

https://adaa.org/managing-stress-anxiety-in-workplace/anxiety-disorders-in-workplace

https://www.ted.com/talks/adam_whybrew_why_you_should_talk_about_your_anxiety_at_work?subtitle=en

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