



# BalanceWorks® Newsletter

Written by the work/life experts at **eni**.

## Treatment

### Suffering from Anxiety

You may suffer from generalized anxiety disorder (GAD) if you often feel anxious about your family, health or work even when there are no signs of trouble. Anxiety is a natural reaction that prepares us for danger, or important events. The problem with those who suffer from GAD is that their feelings interfere with their day-to-day functioning.

Someone with GAD may have a good job, a happy marriage and well-adjusted kids, but worries constantly that it is all going to fall apart. Constant worrying may result in chronic physical symptoms, such as aches and pains, irritability and fatigue. GAD may be diagnosed when exaggerated worrying lasts for more than six months.



For more information or advice about Anxiety, contact the work/life experts at **BalanceWorks**.

1.800.327.2255

eni's **BalanceWorks** program is a confidential 24-7 service provided by your employer to help achieve work/life balance.

One major approach to treating GAD is cognitive behavioral therapy.

1. **Understand how you feed your negative thoughts-** Therapists can teach you how to change your anxious reactions.
2. **Reality-test your thinking-** For example, you're doing well at your job but constantly worry you'll be fired. Using cognitive behavior therapy, a therapist may start by analyzing the facts, such as whether you've gotten a good review lately and whether others in your company are really being fired.
3. **Engage in a five-minute worry session-** Using this technique twice a day can give you time to be worried, but not let it affect the rest of your life. You can worry all that you want, type your feelings into the computer, or record yourself. By giving your worry an outlet, you can begin to refocus your thinking and change your perspective.
4. **Learn basic stress-management techniques-** It is important to know how to unwind when you are anxious, and learn to prevent a build-up before it begins.

If cognitive behavioral coping skills fail to control your condition, medication can be considered. Medication will not necessarily stop the worry, but can ease it. Medications prescribed for GAD may have troublesome side effects, so make sure to monitor your intake with your doctor. Use the proper steps to help you get your anxiety under control before it controls you.

# Tips for Relaxation



A sense of play and the ability to relax are second nature to some people. However, others have trouble realizing that they are stressed and need relaxation. Make sure you incorporate some relaxing activities into your life to be healthier and happier.

## Why You Need Leisure

- In addition to providing satisfaction in itself, as little as an hour a day of leisure time helps you stay in balance.
- Physical fun in the form of aerobic activity helps dissolve the tension that accumulates in your body during stressful times.
- When you add more leisure to your life, you'll become a healthier and more effective employee and parent.

Have you forgotten how to have fun? If so, don't lose hope. Play is serious business for kids, so take some cues from your children. Healthy, happy kids invest their entire heart and soul into their play activities, and so should you.

**For more information or advice about Learning to Relax, contact the work/life experts at BalanceWorks.**

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## Personal Recreation:

- Choose some activities that are just for you. You can do other activities as a family.
- Schedule leisure time activities into your busy day.
- Pick hobbies and outings that give you a sense of enrichment or simply make you feel good.
- Join an adult sports league.
- Remember to allow time for unexpected pleasures.
- Reserve quiet times at the beginning or end of the day to meditate or relax with a favorite quiet activity, such as reading or watching the sunset.

## Family Fun

- Attend a sports or entertainment event together.
- Take your children to a movie or amusement center.
- Visit the zoo.
- Take walks around the neighborhood.
- Play board games instead of watching television.
- Visit science and art museums.
- Make planning your vacation a family activity. Encourage your children to read travel brochures and library books about your destination.

If you have trouble letting go of worries and responsibilities, imagine that you have sealed your cares in a carton and stashed it under your desk for a few hours. The box will be there whenever you need to retrieve it.

It is important that you make sure to include times for fun and relaxation to benefit you and your family. Stress and anxiety can often be taxing on your mind and body. Take the time to help yourself forget about stress.