



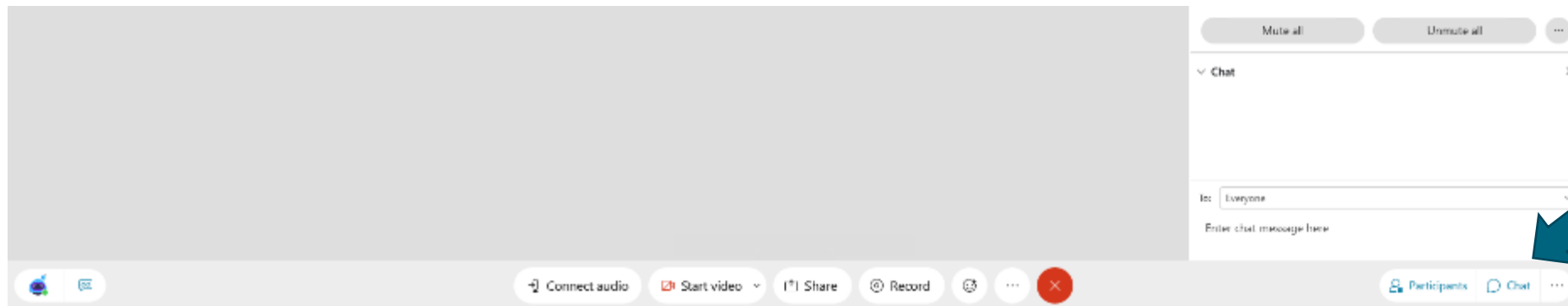
Why We Worry & What To Do About It

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



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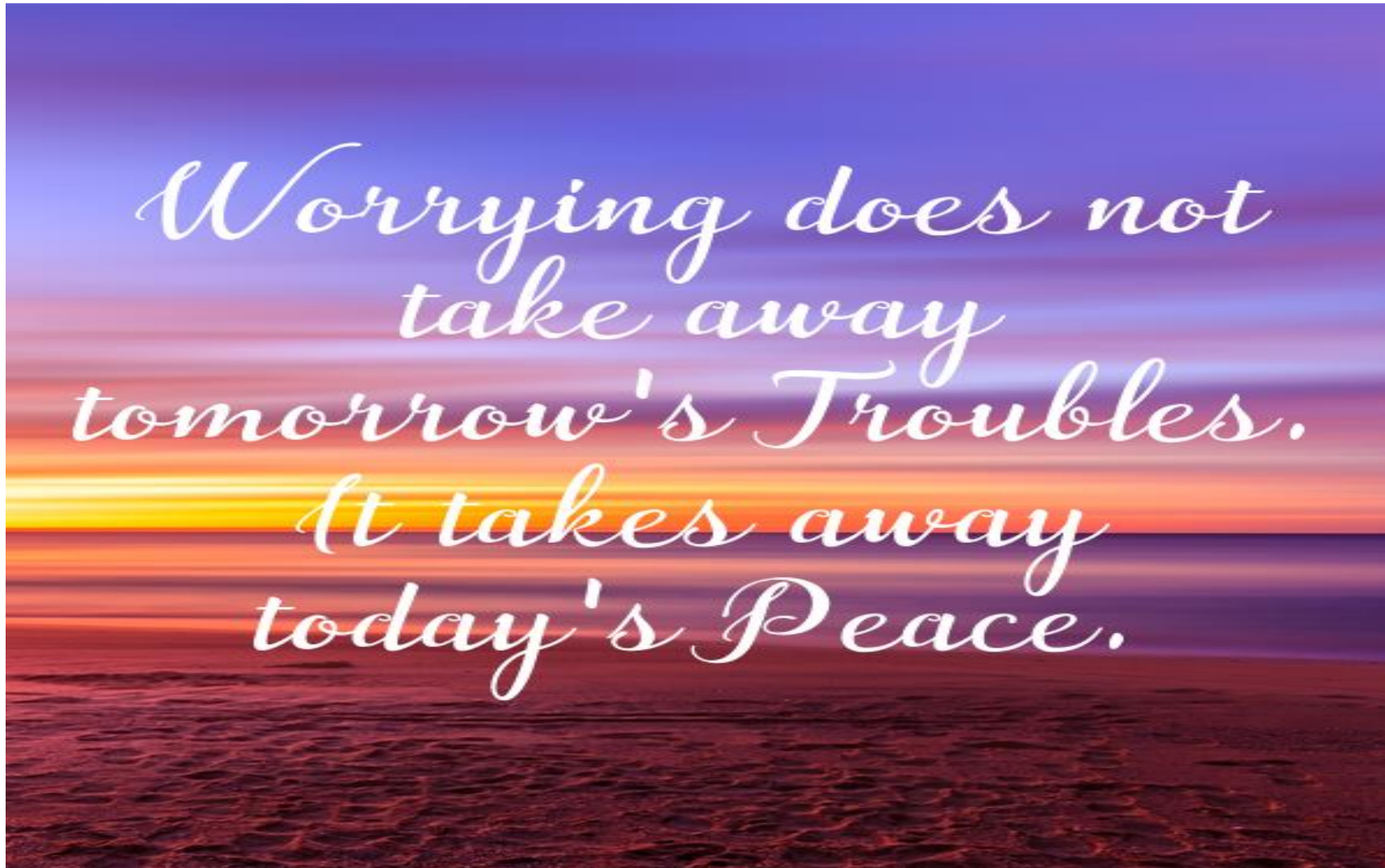
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Learning Objectives

- Learn about worry and it's impact on everyday life
- Discuss the physical and emotional reactions associated with worry
- Recognize when worry becomes too much
- Explore strategies for coping with everyday worry

This will never work

My Future

What am I going to do?

My children

How will we make it

My health

I know I am going to fail

My reputation

I'll never have enough time

Why didn't I?

My family

Worry

My boss

What if I can't do it?

I knew I shouldn't have...

My children's future

Everyone is watching me

My job

What if I can't fix it?

My finances

What if it doesn't work?

Change in my life

What if they don't like me

What is Worry?

Overwhelming Worry

Keeps us from focusing on anything other than risk. It interferes with daily life and can hold us back.

Productive Worry

Focuses attention and can motivate us to work harder, perform better, get away from or resolve problematic situations.

Worry is a fear about what could happen.
It's a natural part of life that we all experience

Which end of the continuum do you tend towards?

- A. Overwhelming Worry
- B. Productive Worry

The Worrier



Worriers...

- Usually know they worry too much
- May feel worry has a positive purpose
- Show information processing differences
- Can make worry a way of life

Everyday Reactions to Worry



Physical

- Increased heart rate
- Irritability
- Stomach “butterflies”
- Sweaty palms
- Tense muscles
- Fatigue

For the chronic worrier, physical sensations of worry can trigger a worry-reinforcing cycle

Everyday Reactions to Worry

Emotional/Behavioral

- Replaying thoughts
- Disrupted sleep
- Fear
- Distraction
- Anxiousness



For the chronic worrier, physical sensations of worry can trigger a worry-reinforcing cycle

More Than Everyday Worry

Do you worry...
that you have
too much worry?

Excessive worry that occurs
more days than not and is
interfering with day-to-day
life may require more help

Everyday Reactions to Worry



- Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Social Anxiety Disorder
- Phobia/Specific Phobias
- Post Traumatic Stress Disorder (PTSD)

Anxiety disorders can be a result of genetic and situational factors. Brain Chemistry and family history can play a part, as can upbringing, personality and psychosocial stressors.

Anxiety Disorder Assessment

Do you worry about lots of different things?	Do you worry about things working out in the future?
Do you have trouble controlling your worries?	Do you worry about things that have already happened in the past?
DO you get irritable and or easily annoyed when anxious?	Do your muscles get tense when you are worried or anxious?
Does worry or anxiety make you feel fatigued or worn out?	Do you experience repetitive and persistent thoughts that are upsetting and unwanted?
Does worry or anxiety interfere with falling and/or staying asleep?	Do you experience strong fear that causes panic, shortness of breath, chest pains, a pounding heart, sweating, shaking, nausea, dizziness and=/or fear of dying?
Does worry or anxiety make it hard to concentrate?	Do you ever avoid place or social situations for fear of this panic?
Do you feel jumpy?	Do you ever engage in repetitive behaviors to manage your worry? (Repeatedly checking the oven, locking doors, washing hands, counting, repeating words.)
Do you worry about how well you do things?	

Rethinking Your Thinking



Rework negative thoughts

- Try out a positive perspective
- Consider the evidence
- Give yourself credit

How can I be sure? Could there be other explanations? How has it turned out in the past?

Practice Mindfulness

Focus on the present

- Acknowledge, accept thoughts
- Let your worries exist
- Notice what's "right" in the world
- Use your breath to guide you
- Include Aromatherapy



Don't Worry Alone



Bring in new perspectives

- Ask for reassurance
- Share your worries
- Get connected

There is nothing that we can't take care of as a team!

Helping Others Through Worry

- **Open up communication**
- **Reserve judgement**
- **Avoid attempting an instant fix**
- **Practice Compassion**



Focus On Your Faith



- Gives people a sense of purpose and meaning in life
- Can better make sense of negative things that are happening
- A faith community can provide support and encouragement through hard times
- Have fewer depressive symptoms
- Teachings advocated by religion may become integrated into the way the brain works

Stop The Cycle

Create boundaries

- Consider structure
- Take action
- Test your theory
- Write down your worries



- Which strategy will you try?
- A. Rework negative thoughts
 - B. Focus on the present
 - C. Bring in new perspectives
 - D. Create boundaries

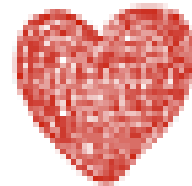
Take Care of Yourself

Build your resilience

- Have a mantra
- Exercise, exercise, exercise!
- Do things you enjoy
- Look for the good in life



Note to self:
Everything is
going to be ok



Resources

Stress Management and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - 713-873-6407 or Latecia.Murphy@harrishealth.org

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our website!](#)



#6 in America



#1 in Texas

