



Challenging Worries and Anxious Thoughts

Anxiety is useful. It might not feel that way all the time, but anxiety is like an alarm that tells us something is wrong. And, if we're in real danger, then anxiety is the normal and healthy reaction. Anxiety only really becomes an issue when that "alarm" starts going off when there's no real, immediate danger – when it gets stuck in the "on" position.

High levels of stress, anxiety, and worry are usually fueled by the way we think. Our brains "chat" with us throughout the day, sending us an array of "self-talk" messages with content that is positive, neutral, or negative. Positive and neutral messages can include self-affirming statements like, "you got this," reminders to send an important email, alerts to danger, and more. Brain messages can also be negative such as "there is nothing I can do" or "I won't be able to cope." For some of us, during the pandemic, we may be receiving these negative messages more often than usual. In addition to this, our anxiety "alarm" may be going off even when there's no real, immediate danger. Fortunately, we can reduce our levels of stress, anxiety, and worry in order to reset our "anxiety alarm" by challenging these thoughts and finding ways to reduce our stress.

Meditation can help us reset by allowing us to step away from our thoughts for a few minutes. For this week's theme we are providing you with a meditation called Reset: Decompress Your Body and Mind. You can access the meditation here:

- <https://www.youtube.com/watch?v=QHkXvPq2pQE>

In addition to the mediation we also have the following resources available to you:

- [Coping with Stress and Anxiety During the Pandemic by Challenging Worries and Anxious Thoughts](#)
- [When Anxiety Is Useful, and When It's Not](#)
- [How to Stop Worrying](#)
- [Helpful Thinking](#)

Sometimes, even after trying to reduce our stress and anxiety, we may continue to struggle. If you still feel significant distress around COVID-19 and feel you are not coping well, you may need extra support from someone like your family doctor or a psychologist, psychotherapist, social worker or other health professional. Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just to our employees but also to their partner or family members.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play