

MENTAL HEALTH: ANXIETY

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Feeling worried or nervous is a normal part of daily life. Many people worry about their health, the health of their family, financial issues and family problems. Anxiety can be more than just temporary worry or fear. For people with anxiety, it can get worse over time, interfere with daily activities such as job performance, school and relationships.

There are several types of anxiety disorders; seeking professional help can help to distinguish which type you or a loved one may be experiencing. Some general physical and emotional symptoms of anxiety include:

- Feeling restless, wound up, on edge or a sense of fullness in the throat or chest.
- Shortness of breath or a rapid heartbeat, feeling lightheaded or dizzy.
- Sweaty or cold, clammy hands.
- Muscle tension, aches or soreness.
- Difficulty falling asleep, staying asleep or not feeling rested when you wake up.
- Fearing that something bad is going to happen.
- Not being able to concentrate. You may feel like your mind goes blank.

PLEASE NOTE THAT IF YOU ARE HAVING AN EMERGENCY OR LIFE-THREATENING SITUATION, GO TO THE EMERGENCY DEPARTMENT OR CALL 911. IF YOU HAVE A MENTAL HEALTH CRISIS OR NEED HELP RIGHT WAY, REACH OUT TO THE NATIONAL MENTAL HEALTH CRISIS HOTLINE BY DIALING 988

Tips to help anxiety

Home treatment, combined with professional treatment, can help relieve anxiety. Here are some tips to help you cope with anxiety.

01 | DON'T DWELL ON PAST PROBLEMS

- Change what you can to help you feel more comfortable with present concerns. But let go of past problems or things you can't change.

03 | ENGAGE YOUR MIND

- Get out and do something you enjoy.
- Practice healthy thinking. Choose helpful thoughts to replace the unhelpful ones.

05 | BE KIND TO YOUR BODY

- Relieve tension with exercise or massage.
- Try stress-relief techniques that focus on relaxing your mind and your body.
- Practice healthy thinking. Choose helpful thoughts to replace the unhelpful ones.
- Avoid alcohol, caffeine, chocolate and nicotine. They may make you more anxious. Some drugs can cause anxiety.

02 | DO THINGS WITH OTHERS

- Get involved in social groups or volunteer to help others. Being alone can make things seem worse than they are.

04 | KNOW YOUR ANXIETY

- Recognize and accept your anxiety about specific fears or situations. Then make a plan for dealing with it.
- Keep a diary of your symptoms.

06 | GET SUPPORT

- Learn about resources available in your community.
- Review your employee assistance program for tools and resources.
- Review your medical benefits for mental health benefits that are available through your doctor or other programs.
- Contact your public health department for information on community mental health programs.

Tips to support others with anxiety

01 | LEARN ABOUT ANXIETY

- Try to understand it. Search for educational materials or learn alongside the person with anxiety.

03 | KNOW WHAT TO AVOID

- Understanding what things or situations cause symptoms is a great way to help you or your loved ones.

05 | ENCOURAGE THEM TO FIND TREATMENT

- Anxiety is a very treatable condition. In some cases, adopting lifestyle choices can help, but seeking professional assistance may be needed.

02 | LEARN THE SIGNS

- Although anxiety can affect people in different ways, there are some common symptoms.

04 | BE A SUPPORTIVE, ACTIVE LISTENER

- You do not have to be the professional; instead, help research and find effective ways to help them to decrease their symptoms.

06 | MINDFULNESS, MEDITATION OR OTHER HOLISTIC REMEDIES

- Anxiety is a very treatable condition. In some cases, adopting lifestyle choices can help, but seeking professional assistance may be needed.

Resources

Virtual care: These options are available 24/7 with no appointment needed.

UMR MEMBERS Teladoc virtual care

- Available through the Teladoc mobile app at teladoc.com or 800.TELADOC

SUREST MEMBERS Dr. On Demand

- Available online at doctorondemand.com/surest or 866.683.6440

SUREST MEMBERS K Health

- Available online at khealth.com/surest or 866.683.6440

Employee Assistance Program (EAP): The Optum EAP provides confidential support and resources for you and your dependents at no charge. You can seek expert guidance for any kind of issue, from everyday matters to more serious problems affecting your wellbeing.

You and every covered family member may attend five (5) counseling session for each problem per year at no cost to you. Members can schedule either in-person visits in their community or virtual visits if you prefer. You do not need to be enrolled in medical to use these EAP services.

- Online: liveandworkwell.com
 - Code: startrib
- Phone: 866.248.4096

AbleTo: A digital self-paced wellbeing program with the support of a dedicated coach offered at no cost. It is available to members enrolled in the UMR medical benefit plans who are over the age of 18.

This program is focused on members who would like help managing symptoms of depression, stress, or anxiety and want to learn coping tools to make each day more manageable.

- Online: ableto.com/umr

Talkspace: You can reach out to a licensed, in-network employee assistance program provider 24/7. Talkspace online therapy you can regularly communicate with a therapist, safely and securely from your phone or desktop. No office visit required.

- Online: talkspace.com/connect
- To obtain an authorization code prior to registering, call 866.248.4086

IMPORTANT NOTE: If you access through talkspace.com and **don't** get the EAP access code, it will go through your regular mental health benefits. If you are on a UMR health plan, it will look like a deductible and coinsurance. If you are on a Surest plan, it will be \$25 copay home/office visit and \$140 outpatient.