# Anxiety in the Workplace

If you're struggling with workplace anxiety, it's important to create a sense of work-life balance by focusing on things you enjoy doing outside of work. Next time you notice yourself feeling increased levels of stress, take a moment to pause and try one of the following activities to help calm your mind.

1. **EXERCISE**
   Whether that means working out at the gym, going for a walk, or simply dancing to a few tunes in your house, moving your body has a direct positive impact on your emotional well-being.

2. **READ**
   Doing something relaxing at night, like reading or listening to an audiobook, encourages you to focus on something else, giving your mind a break from the workday stress.

3. **JOURNAL**
   Try keeping a journal to write down your thoughts. Writing can help you release stress and helps you recognize recurring thought patterns.

4. **TALK WITH LOVED ONES**
   Sharing your concerns with a friend or family member provides added support to help you work through challenges. Having someone to show you support and share their own experiences can also show you that you're not alone in what you're going through.

5. **INCORPORATE SELF-CARE INTO YOUR ROUTINE**
   Take a bubble bath, watch your favourite TV show, or meditate. Whether it's for fifteen minutes or an hour, setting aside time for yourself is crucial for your mental health.

6. **DO THINGS YOU ENJOY**
   Having hobbies helps create work-life balance, separating your professional and personal life. Doing activities you enjoy helps make it feel like you're not spending all your time working.

7. **REACH OUT FOR HELP**
   If you notice that work stress is starting to affect your daily life or causing physical symptoms like nausea or an increased heart rate, it may be time to ask for extra support. Talking with a counsellor can give you the tools you need to help navigate challenges.

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