



EAP Newsletter JUNE 26

Managing Anxiety - One step at a time.

Anxiety is a normal human response to pressure, uncertainty, and stress. It can help us stay focused and prepared. But when it becomes overwhelming or starts affecting sleep, mood, work, relationships, or daily life, it may be a sign that extra support could help.

In busy workplaces and daily life, it's easy to keep pushing through without noticing the signs.

This month, we're focusing on practical ways to recognise and manage anxiety and feel more in control.

Anxiety isn't always obvious

It can show up differently for everyone.

Common signs may include:



Overthinking or constant worry



Difficulty concentrating



Trouble switching off

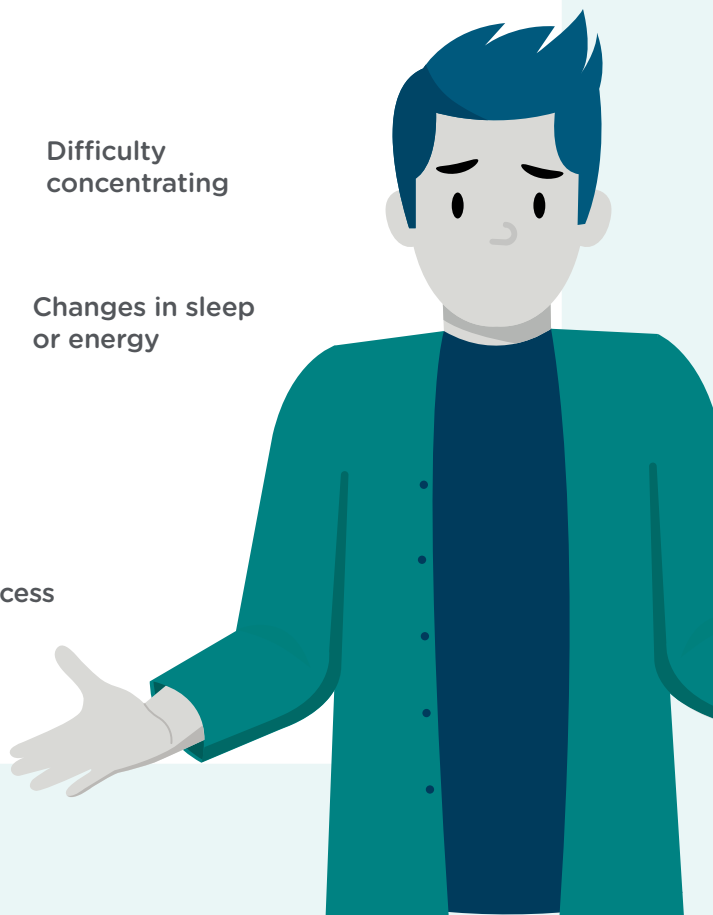


Changes in sleep or energy



Feeling overwhelmed by small tasks









Recognising these signs earlier can help people access support before things escalate.





Small strategies can help

Managing anxiety does not always require big changes.

-  **Pause and reset**
-  **Do one thing at a time** (multitasking can increase stress)
-  **Stay connected with people you trust** (support lowers stress)
-  **Keep a routine: move, rest, repeat**
-  **Reach out early when things feel heavy**
-  **Slow your breathing** (longer exhales help calm your body)
-  **Use your senses to ground yourself** (helps bring you back to the present)
-  **Small, consistent habits can help create a greater sense of calm and control over time.**



Learn practical strategies to recognise and manage anxiety and feel more in control with our pre-recorded webinar:

Managing Anxiety: Practical tools for everyday wellbeing

In this session, we'll explore:

- How anxiety can affect daily life
- Practical coping strategies
- Ways to support yourself and others
- When to reach out for support



[CLICK HERE](#)
or scan the QR.



Further support

The **WellbeingHub** offers deeper resources at your finger tips to support you with handling difficult conversations, keeping a respectful team culture, and more.

Explore WellbeingHub - wellbeinghub.co.nz

We're here when you need us

If something doesn't feel right, your EAP service is here to help. Confidential support is available, **book an appointment online** at eapservices.co.nz, by calling **0800 327 669** or by scanning the **QR code**



eapservices.co.nz