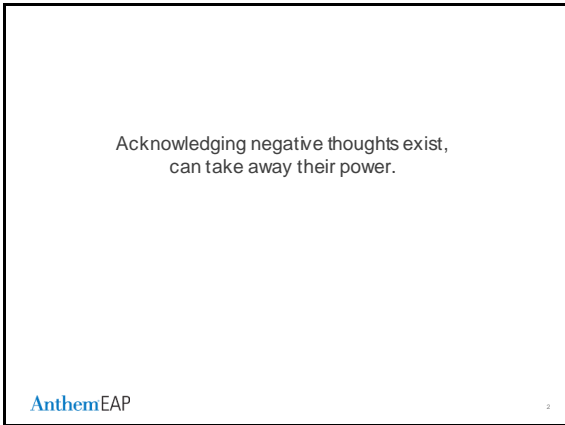
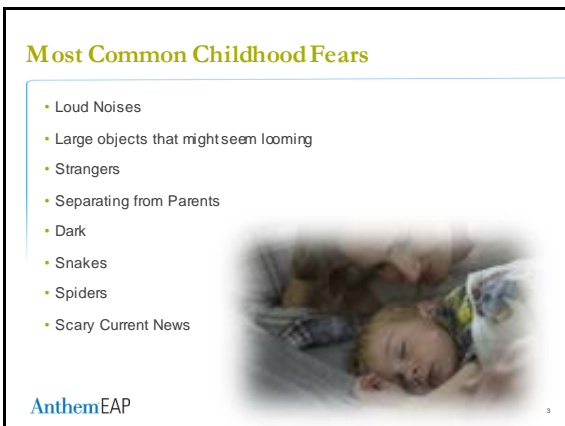


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Most Common Adult Fears

- Public Speaking
- Flying
- Dentist
- Spiders

What Are Your Fears?



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The Root of Fear and Anxiety

- Freedom to talk about fear and anxiety
- Thoughts can be your worst enemies
- Training your thoughts to make you the best can be very powerful
- Examine your history, childhood, background
- Fear and anxiety are normal adaptations that protect us from dangerous situations – we can learn to overcome them

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Understanding the Power of Your Thoughts

Cognitive Behavioral Therapy – helps conquer self doubts

- Change the Behavior
 - Example: I am overweight – I need to go on a diet
- Deny it: Refuting the fear
- Accept it: Change the thought
 - Example: Thinking that you are overweight or comparing yourself to someone else is the problem

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Mindfulness and Acceptance

- Paying attention to the present moment
- Accepting yourself as OK just the way you are
- Taming – do not try to eliminate negative thoughts but examine them and understand their influence on you
- Paying attention to breathing and other physical sensations



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Suggestions

- Talk to someone or yourself to address your frustrations
- Write about your anxiety
- Ask questions
- Negative feelings will come:
 - What will I do?
 - How will I handle them?
- Allow them to exist and pass through
- Pick a focal point to focus on to help isolate your thoughts
- Give yourself some compassion – stop beating yourself up
- Change your situation
- Get help

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Soothing Techniques

- Deep Breathing
- Meditation
- Exercise or take a walk
- Guided Meditation
 - Walk through a scene



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Quotes

If I had my life to live over, I would perhaps have more actual troubles but I'd have fewer imaginary ones.

– Don Herold

Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.

– Benjamin Franklin

If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep.

– Dale Carnegie

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- Free credit monitoring
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- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
 - Resources
 - Self assessments
 - Health/wellness library
 - Legal forms

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