Spring Health ABBOTT

Feeling anxious?

Occasional anxiety is an expected part of life. It's a normal reaction to stress that comes and goes, depending on what's happening in our lives and how we're feeling the impact.

Anxiety can feel like:

- Being fidgety or restless, or just not feeling like yourself
- Difficulty concentrating or sleeping
- Irritability you just can't shake
- Physical aches and pains, like headaches, sore neck, or upset stomach

If you're struggling with these symptoms:

- **Take time out to breathe.** Taking 5 deep breaths can help reset your nervous system and ease anxiety.
- **Eat well and get good rest.** Even if you can't sleep, resting helps.
- **Talk about it.** Share your feelings with someone who makes you feel comfortable.
- **Move your body.** Anxiety is energy, and trying to engage in physical activity beyond what you typically do can help reduce the intensity.

If you'd like to learn more ways to manage anxiety, activate your Spring Health account for easy access to personalized, convenient mental health support.

Reviewed for accuracy by Spring Health clinician, Amy Cirbus, PhD, LPC

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1-855-629-0554