

# Gympass

What is it and how to cope with work anxiety

## WHAT YOU NEED TO KNOW

Picture this: it's an ordinary day at work you're completing some routine tasks when suddenly [anxiety](#) hits you. Whether there is a trigger for it or not, you start feeling insecure about minor things and issues beyond your control. You might even begin to worry about being worried. Although feeling stressed at work, especially nowadays, is often expected and considered somewhat normal. persistent, excessive, and irrational anxiety that interferes with your day to day might be a sign of a larger problem caused by pressure at work or your workload.



## AN ORGANIZATIONAL PROBLEM

A [World Health Organization study](#) estimates that anxiety disorder generates US\$ 1 trillion each year in lost productivity to the world economy. However, the impact is beyond financial for organizations all over the world.

**40%**

of workers experience persistent stress in their daily lives

**72%**

of workers who feel anxious daily say it interferes with their lives at least moderately

**30%**

of workers who feel anxious daily say it interferes with their lives at least moderately

Only **9%**

have been diagnosed with an anxiety disorder



## HOW DO I KNOW IF I FEEL ANXIOUS AT WORK?

Pay attention to the recurrence of the following feelings:

- Difficulty concentrating
- A constant fear of things going wrong
- Fatigue
- Irritability
- Dizziness
- Nausea
- Heart palpitations
- Sweating
- Muscle tension
- Shortness of breath
- Headaches
- Dry mouth



## ANXIETY TRIGGERS

1

### Heavy workload

Reports reveal that heavy workload is one of the primary causes of stress in the workplace. The expectation that employees can take on more work than they have time for is detrimental. Heavy workloads lead to impaired quality of sleep, fatigue and anxiety.

3

### Lack of autonomy

The lack of autonomy may be caused by micromanaging, suggesting that you are not trustworthy. This consequently erodes the confidence of an employee. Micromanagement can make one feel frustrated and resentful, but when applied over more extended periods, can turn into anxiety.

2

### Toxic leaders

Micromanagers, narcissists and over-demanding all share one thing in common: prolonged exposures to extreme dysfunctional characteristics have a substantial effect on the well-being of employees and colleagues. Besides that, toxic work environments tend to be created by the leader's behavior.

4

### No time for breaks

Studies show that increased working long hours with no pause have a significant effect on career outcomes and the persistent exposure to tight deadlines is a strong predictor of anxiety.

## HOW TO FIGHT ANXIETY IN THE WORKPLACE

- 1 Move your body**

Being mindful of how movement makes you feel and the positive effects of the hormones released can make a fundamental difference in how you work.
- 2 Practice self-awareness**

Understand what are the triggers to anxiety because even if they can't be changed overnight, knowing and understanding the reasons will help you figure out how to take action and move forward.
- 3 Take time off**

Research shows how vital regular breaks are for your mental health. Take the time to decompress and reset. Besides being helpful to your mental health, these breaks will give you more time to reflect and be self-aware.
- 4 Search for help**

Talking about anxiety with a person you can trust - whether it is a friend or a professional - talking to someone will help you process these intense emotions and support your process of having ideas to help you cope. There is no wrong timing to ask for help. Asking for help when you need can alleviate potential feelings of guilt and pressure, and help build trust. Professional support can help a company to build a more prepared team is a benefit to all.



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