

Managing Workplace Anxiety

Social Anxiety

Social anxiety, also known as social phobia, is a type of anxiety where a person fears crowds or public situations because they feel it will lead to public scrutiny or embarrassment. This can range from simply eating in public to being among a large crowd in a store. Sometimes this person can be mistaken for having a shy demeanor, but these people have serious trouble socializing at work or even participating in meetings. This can keep them from being a team player since they frequently withdraw from the group.

- Extremely fearful of unfamiliar situations and people
- Feeling overwhelmed with anxiety when in social situations
- Fearful of being judged or watched by other people
- Unable to face social situations on your own

Generalized Anxiety Disorder

Generalized anxiety disorder (GAD) is the most common type of anxiety and is usually defined as a constant state of tension and panic. People who suffer from GAD generally do not have anything particular that they are worrying or obsessing about. They cannot identify the source of the anxiety, and therefore cannot find a way to resolve the problem. So they continue to feel anxiety every day with either no apparent reason, or will find a number of problems to fret about without knowing why.

Common symptoms of GAD:

- Difficulty focusing, sleeping or concentrating
- Constant restlessness, irritation or edginess
- Feeling tired or having low energy levels
- Tense or clenched muscles

Accept the Situation, and Move On

- Always take a few minutes to let the information sink in
- Look at the whole situation and what your role is in it
- Look at the anxiety feeling you're having and try to resolve them
- Realize what you have to and move with that