

Resources for Living®



Worried about anxiety?

Everyone feels anxious sometimes. It can be a normal reaction to stress, like when you try something new or face a difficult problem. A little anxiety can even be helpful at times when you need to be more alert and focused. And those anxious feelings usually don't last long.

But if you have an anxiety disorder, the anxious feelings may not go away. If left untreated, they may even get worse. They might start to get in the way of your normal activities like work, school and relationships.

Fortunately, there is help. Check out these resources to help you understand anxiety, reduce your worry and learn more about treatment.

Need support?

Resources for Living is here for you 24/7. Visit us online or call anytime.

(888) 439-7327 (TTY: 711)

Visit your member website

Username: ladwp

Password: eap

Resources to help with anxiety



10 ways to cut down on worrying

Do you worry a lot? Worry is stressful, tiring and often a waste of time, especially if you're worried about things you can't control.

[View infographic](#)



Understanding and treating anxiety

What is anxiety? What causes it and what are the different types? Access resources to help with anxiety.

[Find resources](#)



Manage anxiety with mindfulness

Learn how to practice guided imagery to help calm your mind and body.

[Learn more](#)

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Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

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