

COPING WITH ANXIETY



MENTAL WELLBEING

Coping with anxiety is something millions of people deal with on a daily basis. Dealing with anxiety, fear, loneliness, frustration, anger, and countless other emotional burdens can be draining.

Download this slide presentation to discover some practical steps you can take.

If you're concerned about a rise in your level of anxiety, then complete the [Beck Anxiety Inventory](#) and take appropriate action by chatting to a Mental Health First Aider or calling the Employee Assistance Programme (0800 0727072) – it's completely confidential.