

ARE YOU **ANXIOUS** AT WORK?

Generalised anxiety disorder (GAD) causes excessive, prolonged worry about a range of situations and issues.

Common symptoms include:

- Restlessness or nervousness
- Irritability
- Fatigue
- Muscle tension.

We can **help you** with:



Managing anxiety
and worry



Mindfulness
and relaxation



Breathing and
distraction
techniques



Journaling
and tracking
habits

The **Access to Work Mental Health Support Service** can support you to feel better at work, at **no cost to you**.

Sign up now



✉ atw@maximusuk.co.uk

☎ 0300 456 8114

maximus

24-1437


Department
for Work &
Pensions
In
partnership
with

