



# Don't let worry run your life

## Your Employee Assistance Program (EAP) will help you take charge of your anxiety

Most people experience some anxiety as a regular part of life. But daily worry, trouble sleeping, physical symptoms and difficulties with others at work or home could mean you need to speak to a professional who can help. The Employee Assistance Program (EAP) is here to help you understand your anxiety, learn coping strategies and find ways to ease your mind. Log on to our website this month to read these featured articles.

They're under the **Monthly Promotion** tab in the **Centers** section:

- Generalized anxiety disorder (GAD)
- Anxiety disorders: causes and symptoms
- How to get help for anxiety disorders



Visit our website or call for free, confidential help from our team of EAP experts.\*

855-223-9277

Website: [anthemEAP.com](http://anthemEAP.com)

Login: Commonwealth of Virginia

\* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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