

Managing Workplace Anxiety

The Office Whisperer 

presents

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It is normal to have some fear or feel out of place at work sometimes, but when the anxiety begins to control you and keep you from performing your normal activities it becomes a serious problem. For many workers that suffer from some sort of workplace anxiety, their productivity decreases and they fail to contribute to the job, which can make them more anxious. While there are many forms of workplace anxiety, we can all learn to overcome them by identifying the key problem and finding a way to manage them, before they manage you.



Remember, it is perfectly normal to feel stressed at work and feel a little anxious. Although everyone will experience some form of workplace anxiety in their career, everyone portrays them differently. Learning key signs and symptoms of workplace anxiety sooner will not only help identify the problem but will lead you down the right path to know how to manage them successfully.

Workshop Objectives

- Understand the difference between anxiety and common nervousness
- Explore different types of workplace anxieties
- Learn to recognise symptoms and warning signs
- Recognise common trigger and accelerants
- Determine ways of coping and managing problems



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