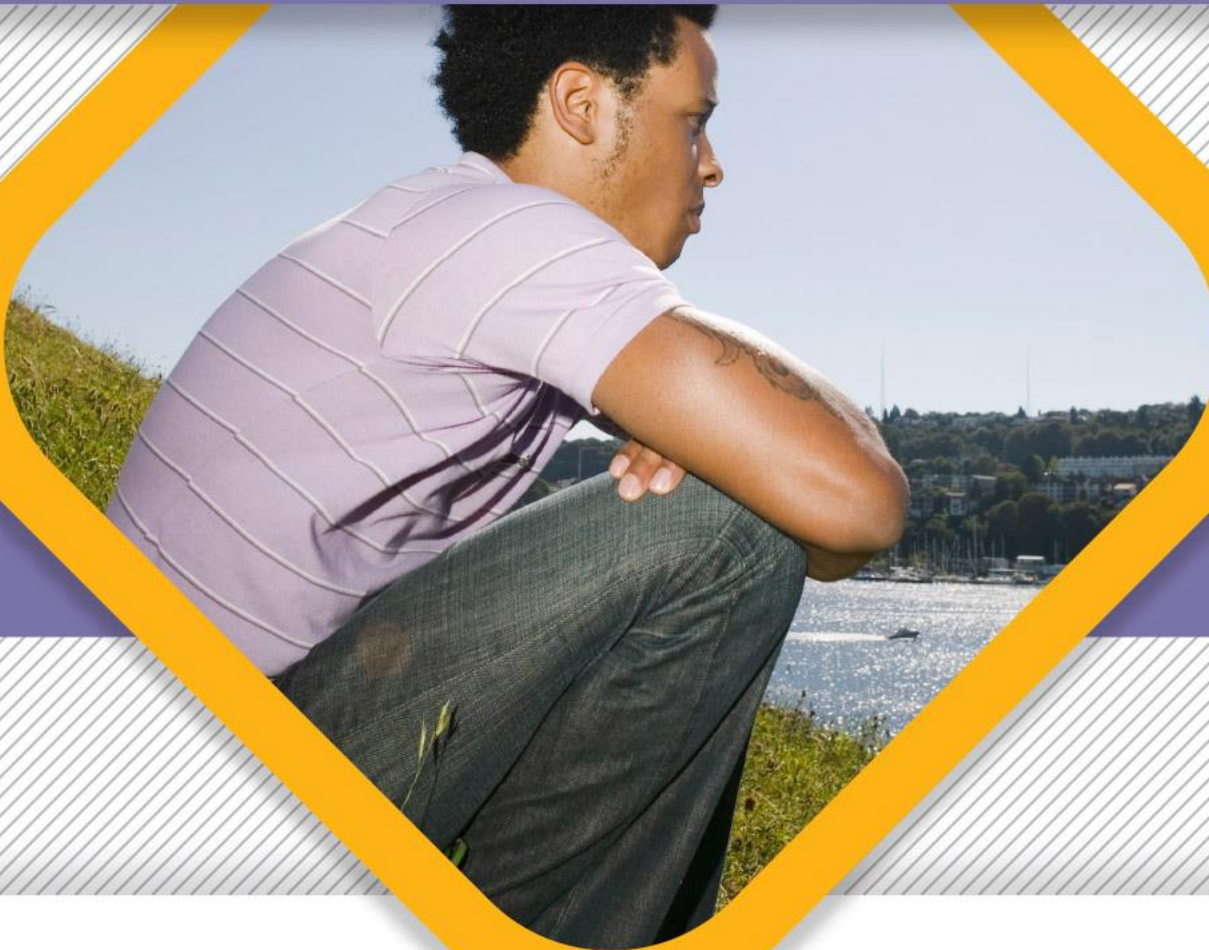


# Addressing Anxiety

## HOW TO TAKE CHARGE

EMPLOYEE  
SUPPORT  
PROGRAM  
APR 2015



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 should seek professional advice. Your Employee Support Program is here to help you identify your anxiety, learn strategies to control it, and find help to move beyond it.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

## WEBINAR

### Disrupting Negative Thoughts

Apr 21st — 12 pm, 2 pm ET

Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life.

TOLL-FREE: **800-346-0110**

WEBSITE: **[www.inova.org/eap](http://www.inova.org/eap)**

USERNAME: **UMBCEAP**

PASSWORD: **360231**

