What are some common issues that may cause someone to feel anxious at work?

- Meeting tight deadlines
- Dealing with work conflicts
- Relationships with co-workers
- Long work hours
- Lack of direction on tasks
- Conflicting priorities between work and home

What are some coping strategies when dealing with workplace anxiety?

- Take a break and talk to someone you trust.
- Educate yourself. Learn to recognize symptoms of what you are experiencing.
- Make to-do lists and prioritize tasks. Try scheduling time to work in a focused sprint. Work on one task only, distraction free for 25-30 minutes.
- Ask for help. Let people know when you feel overwhelmed.
- Schedule and take time off.
- Be well. Eat healthy, get enough sleep, and move regularly. Need more inspiration? Visit our Habit Bank for more ideas.

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