



## **Anxiety: The Gift That Keeps on Giving**

Hi, I'm Evelyn Miller. My role at Job Links is to support participants in the quest for success in school and the workplace.

Anxiety is everywhere these days. It seems like everyone has it: COVID, social, performance, panic attacks, random anxiety that turns up when it wants - name a situation and there's Anxiety, ruining someone's day. In fact, everyone *does* have it. Anxiety is a leftover from our ancient brains, designed to keep humans alive. It worked well then, to keep us one step ahead of the saber-toothed tigers, and it works well now to keep us safe from modern dangers. For example: Anxiety can make sure you do your best at work, ("I don't want to lose my job.")

*Some* Anxiety is a good thing. It can keep us out of trouble: ("I worked hard and got a great performance review.") But, *too much* Anxiety can undo all the good. Anxiety pushed you to do your best when you were new with the company and wanted to keep your job. A year later, you're **STILL** worried about losing your job even though your performance reviews are great. Anxiety never got the memo and keeps on telling you there's danger when all the evidence shows there isn't. Too much Anxiety is no fun: nausea, overthinking, headaches,

lack of sleep and feeling paralyzed can really ruin your day, week, month, even your life.

The good news is that Anxiety can be tamed and trained. It takes time, patience and “taming tools.” One of the most effective of these is, believe it or not, exercise. A vigorous workout will release “happy hormones” that’ll give Anxiety a run for its money. The calm that exercising brings will allow you to resist Anxiety’s prodding. There are many other “taming tools,” from mindfulness breathing to very effective therapeutic techniques.

If you’d like to find out more, join us at our next Job Links online workshop: Tips and Tricks for Taming Anxiety.

Stay loose, Evelyn from Job Links.

## **Recruiter’s Corner**

### **Free online workshop of the month**

Job Links will be hosting workshops for English speakers May 26<sup>th</sup> and 27<sup>th</sup> on how anxiety works and how it can be tamed.

To register please visit <https://bit.ly/JobLinksWorkshops21> or contact us using the information below.

To get the latest news from Job Links, visit our website <http://joblinks.etsb.qc.ca> or look us up on Facebook @JobLinksServices.

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We look forward to helping you!