**Managing Situational Anxiety:**

**Strategies for Coping and Thriving**

Situational anxiety, characterized by feelings of apprehension or nervousness in specific situations, is a common experience for many individuals. Situational anxiety is a natural response to perceived threats or stressors in particular situations. It often manifests physical symptoms such as rapid heartbeat, sweating, trembling, or gastrointestinal discomfort, along with psychological symptoms like excessive worrying, racing thoughts, or difficulty concentrating. Whether it's public speaking, testing, or dealing with conflictual situations, managing situational anxiety is essential for overall well-being and success. By implementing effective coping strategies, like those below, one can learn to navigate these challenging situations with greater ease and confidence.

**Coping Strategies:**

1. **Cognitive Restructuring**: Challenge negative thoughts and beliefs that contribute to anxiety. Replace irrational or catastrophic thinking patterns with more realistic and balanced perspectives. Remind yourself of past successes and coping abilities.
2. **Visualization and Imagery**: Mentally rehearse success in the challenging situation. Visualize yourself confidently handling the situation and achieving your goals. Engage all senses to create a vivid and empowering mental image.
3. **Mindfulness and Grounding Techniques**: Practice mindfulness meditation or grounding exercises to anchor yourself in the present moment. Focus on sensory experiences such as sight, sound, touch, taste, and smell to cultivate awareness and reduce anxiety.
4. **Deep Breathing and Relaxation Techniques**: Practice deep breathing exercises or progressive muscle relaxation to calm the body and mind.
5. **Preparation and Planning**: Prepare thoroughly for the situation that triggers anxiety. Break tasks into manageable steps, set realistic goals, and create a plan of action. Practice and rehearsal can increase confidence and competence.
6. **Seek Support**: Don't hesitate to reach out for support from family, friends, or other trusted individuals. Remember, your local EAP committee peers are also available to help you navigate challenging situations. With practice, perseverance and EAP peer support it’s possible to not only manage situational anxiety but also thrive in the face of adversity. Contact your local EAP committee members through the AFA EAP helpline at 800-424-2406.



**LEC 16 EAP Reps LEC 17 EAP Reps**

Anne Strand – 206-940-4634 Lynnette Clark – 360-907-8894

Brandy Likes – 503-330-5503 Carrie Dennis – 360-600-5988

Kim Van Wormer – 509-308-9553 Peter Oxentenko – 503-888-7271

Miria Davis – 208-398-8612 Chris Metz – 217-369-8735

Stephanie Day – 425-478-7638 Steve Gilman – 541-944-2328