



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | May 2024

- Navigating Anxiety
- Book Review | *Unwinding Anxiety*

Navigating Anxiety

Anxiety is a pervasive challenge that is increasingly common in today's workplace. Anxiety can impede your productivity and decision-making and even manifest as physical symptoms. Consider adopting these strategies to help manage your anxiety.

Recognize the Signs

- Do you consistently need more time to meet deadlines?
- Do you experience restlessness or difficulty concentrating?
- Do you feel overwhelmed by routine day-to-day demands?

Identify Your Triggers

When you're overwhelmed, it can be challenging to identify the source of your anxiety. Make a note of times when you feel anxious throughout the day to recognize patterns.

Stay Grounded

Implement daily practices such as mindfulness exercises, physical activities, or regular breaks. Briefly step away from your desk to re-focus when feeling stressed. Be gentle with yourself; resist the tendency for self-criticism.

Know When to Get Support

Recognize that seeking help is a sign of strength. Mental health resources available through workplace employee assistance programs (EAP) or wellness programs, local community organizations, and online communities can offer guidance, support, and strategies for developing effective coping skills.

In today's high-pressure environments, [actively addressing your anxiety](#) can improve your health. You can navigate these challenges effectively by acknowledging and celebrating every step you take toward managing stress.

Wellness Works® Book Review | Unwinding Anxiety

Judson Brewer, MD PhD, offers a clinically proven plan to understand and combat the anxiety that pervades modern life in his book [Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind](#). This book outlines how anxiety not only causes discomfort but also can drive addictive behaviors and bad habits that are adopted to cope, such as doom scrolling and procrastination.

Highlights

Mapping the Mind

Brewer's approach involves identifying anxiety triggers and offers a unique insight into how our minds work. He introduces simple, brain-based "hacks" that anyone can use to break the cycle of worry. These tools leverage curiosity and mindfulness to disrupt habitual responses and reduce anxiety.

Practical Tools

Through practical, easy-to-implement strategies, Dr. Brewer equips readers with the means to dismantle anxiety's influence on their lives. He focuses on training the brain using techniques proven effective in his extensive clinical research, empowering individuals to foster progress and resilience.

A Manifesto for Well-being

Brewer's book is a call to action against the underlying habits that fuel anxiety. He examines the psychological patterns that entrap us and offers precise, understandable methods to break free from these cycles, advocating a shift towards a more mindful and less anxious life.

The Final Word

"Unwinding Anxiety" is essential reading for anyone looking to escape the grips of anxiety and addictive behaviors. Dr. Brewer combines scholarly research with relatable, practical advice, making his methods accessible. This book provides the tools to lead a more fulfilling, anxiety-free life.

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