



HELPING HANDS



Anxiety

(excerpts from NIMH.NIH.Gov)

Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders.



Generalized Anxiety Disorder

People with generalized anxiety disorder (GAD) display excessive anxiety or worry, for at least 6 months, about a number of things such as personal health, work, social interactions, and everyday routine life circumstances. The fear and anxiety can cause significant problems in areas of their life, such as social interactions, school, and work.

Panic Disorder

People with panic disorder have recurrent, unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation.

Phobia-related disorders

A *phobia* is an intense fear of—or aversion to—specific objects or situations. Although it can be realistic to be anxious in some circumstances, the fear people with phobias feel is out of proportion to the actual danger caused by the situation or object.

Social anxiety disorder (previously called social phobia): People with social anxiety disorder have a general intense fear of, or anxiety toward, social or performance situations. They worry that actions or behaviors associated with their anxiety will be negatively evaluated by others, leading them to feel embarrassed. This worry often causes people with social anxiety to avoid social situations. Social anxiety disorder can manifest in a range of situations, such as within the workplace or the school environment.

Agoraphobia: People with agoraphobia have an intense fear of two or more of the following situations:

Using public transportation. being in open spaces or enclosed spaces, standing in line or being in a crowd, being outside of the home alone. People with agoraphobia often avoid these situations because they fear they will have a panic reaction or other embarrassing symptoms.

Risk Factors

Researchers are finding that both genetic and environmental factors contribute to the risk of developing an anxiety disorder. Although the risk factors for each type of anxiety disorder can vary, there are some general risk factors for all types of anxiety disorders.

Your local EAP representative listed on page 2, can help if you feel you may be dealing with an anxiety issue.

Treatments and Therapies

Anxiety disorders are generally treated with psychotherapy. Medication may also assist with dealing with an anxiety issue. There are many ways to treat anxiety and people should work with their doctor to choose the treatment that is best for them.

Psychotherapy

Psychotherapy or “talk therapy” can help people with anxiety disorders. To be effective, psychotherapy must be directed at the person’s specific anxieties and tailored to his or her needs.

Support Groups

People with anxiety disorders benefit from joining a self-help or support group. Internet chat rooms can be useful, but any advice received over the internet should be used with caution. Talking with a trusted friend or member of the clergy can also provide support, but it is not necessarily a sufficient alternative to care from a doctor or other health professional.

Stress Management Techniques

Stress management techniques and meditation can help people with anxiety disorders calm themselves and may enhance the effects of therapy. Research suggests that aerobic exercise can help some people manage their anxiety; however, exercise should not take the place of standard care and more research is needed.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

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EAP Calendar

EAP I

July 28-August 2 (double Class)

EAP III

June 16-21

Labors Assistance Professionals

Annual Conference

July 14-18

Tropicana Resort, Las Vegas

EAP IV

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course