



ANXIETY



Managing anxiety is no easy task. Too many days our stress levels are high, which can bring about additional problems such as poor sleep, irritability, lack of motivation to name a few.

The NYC Employee Assistance Program (EAP) is here to help you manage your stress by offering support and assistance. Please feel free to reach out if you think we can be of help.

We also want to share an exercise that is easy to incorporate throughout your day. This simple activity can promote a moment of comfort, relaxation and help to ease anxiety.

Bi-lateral stimulation refers to the activation of both sides of the brain. It can be effective in easing anxiety and stress.

Bi-Lateral Exercise:

- Grab an object. It can be a ball, your keys, or even some crumpled up paper.
- Think about what stress you are feeling in the moment, see if you can identify a place in your body that you feel it most (neck, stomach, back?).
- Now rate the stress on a scale of 1-10. 10 being the highest level of stress, 1 being the lowest.
- Begin to pass the object from your right hand to your left hand, crossing over the mid-line of your body.
- Continuing passing back and forth for one minute, letting your mind focus on anything that comes up.
- After 1 minute, check in with yourself again. Is that stress still at the same level? Did you notice it lessen.

Continue this exercise for several minutes.

If you are in need of support, contact the NYC EAP.

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