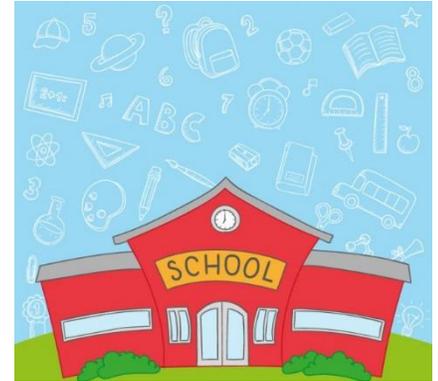


Differences between anxiety and worry

Article modified from <https://www.psychologytoday.com/us/blog/the-squeaky-wheel/201603/10-crucial-differences-between-worry-and-anxiety>

- Worry is generally experienced in our heads and anxiety in our bodies
- Worry tends to be specific while anxiety is more general
- Worry is verbally focused while anxiety includes verbal thoughts and mental imagery
- Worry often triggers problem solving but anxiety often does not
- Worry creates mild emotional distress; anxiety can create severe emotional distress
- Worry is caused by more realistic concerns than anxiety
- Worry tends to be controllable, anxiety much less so
- Worry tends to be a temporary state but anxiety can linger
- Worry doesn't impact our professional and personal functioning; anxiety does



Back to school anxiety

Article modified from: <https://www.apa.org/helpcenter/school-rush>

Summer is flying by and as August begins, we start to look at the transition back to school. “The end of summer and the beginning of a new school year can be a stressful time for parents and children,” says psychologist Lynn Bufka, PhD. “While trying to manage work and the household, parents can sometimes overlook their children’s feelings of nervousness or anxiety as school begins. Working with your children to build resilience and manage their emotions can be beneficial for the psychological health of the whole family.”

Tips to help with the transition back to school:

- **Practice:** Get into the back to school sleep routine at least a week before school starts to reduce the shock of waking up early again. Organizing things such as backpack, binder, lunchbox or cafeteria money ahead of time. Walking through the building and visiting your child’s locker or classroom can also be helpful in easing anxiety of the unknown.
- **Talk:** Talking with your child(ren) about fears or worries about going back to school will help them share their burden. Ask what they liked about their previous school or the year before to see how those positives can be incorporated into their new experience.
- **Empathize:** Change can be difficult, but also exciting. Let your child(ren) know that you will be there to help support them in the process. Nerves are normal, but normalize the fact that not everything that is different is necessarily bad.
- **Ask for help:** If you feel the stress of the school year is too much for you and your child to handle on your own utilize support from a mental health professional or EAP Counselor.

HOW TO USE YOUR EAP:

ERC is your company’s Employee Assistance Program (EAP). For additional information, visit our website www.ERCincorp.com or simply call 1-800-222-8590.