



Member training:

Understanding Anxiety



April featured training

Understanding Anxiety. Anxiety is one of the most common mental health disorders globally, yet it is often misunderstood. Everyone worries or feels nervous sometimes; this is a normal human response to stress in our environment. However, those fears and worries aren't temporary for people with anxiety and can even worsen over time. People with anxiety can become overwhelmed by their emotions and have particularly adverse reactions to situations. This session explores some of the science and psychology behind the why of anxiety and provides specific strategies to help with worry and anxiety.

Learning Points

- Explore what anxiety and anxiety disorders are and how they present differently in people
- Recognize the physical, emotional, and behavioral signs of anxiety/anxiety disorders
- Identify strategies to help manage anxiety/anxiety disorders
- Explore how to challenge anxious thinking and structure worry
- Explore how to reach out and help friends, family members, or colleagues who may struggle with anxiety/anxiety disorders

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p>Recorded sessions On demand (no Q&A)</p> <p>Watch here</p> <p>Short on time?</p> <p>Watch the 10-minute summary here</p>	<p>16th April 7-8 AM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>16th April 1-2 PM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>17th April 1-2 AM Central Daylight Time (with Q&A)</p> <p>Register now</p>	<p>22nd April 11AM-12 PM Central Daylight Time (with Q&A)</p> <p>Register now</p>
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Space is limited for the live training session options, so advance registration is required.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and all its components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior notice. Experience and/or educational levels of Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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