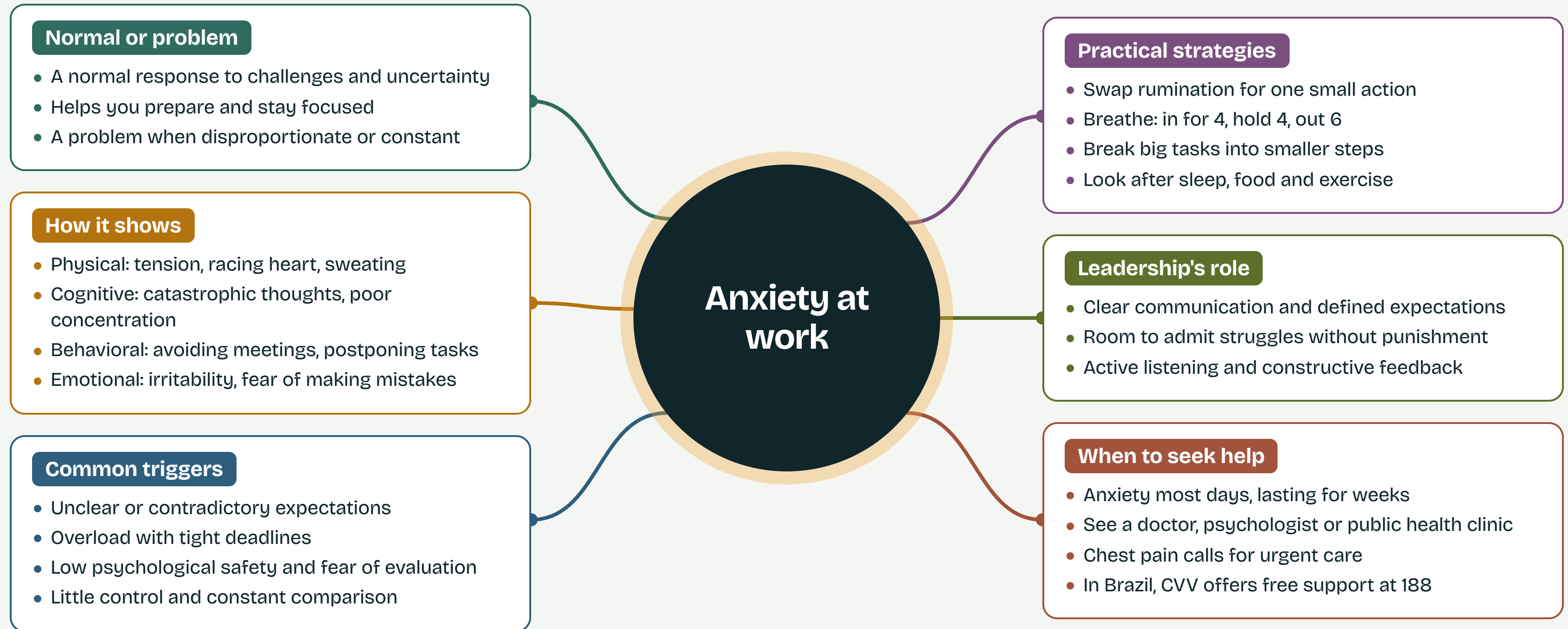


Anxiety at work: how to spot and manage it



Action plan

1

Identify your anxiety signs and triggers

2

Breathe slowly before high-pressure moments

3

Break up big tasks and clarify expectations

4

Set a clear time to disconnect from work

5

See a doctor or psychologist if anxiety persists

Key takeaway

Anxiety is a normal response; the warning sign is when it becomes constant and disrupts your routine.