

# Tune in

Nurture your mental and emotional health



Anxiety — we all deal with it from time to time. It can make you feel nervous, worried or sick to your stomach. Over time, feeling that way can affect your health and well-being. The good news? There are things you can do to help you manage it.

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## What can anxiety feel like?<sup>1</sup>

- Racing heart
- Shaking hands
- Dry mouth
- Sweaty palms
- Upset stomach

Talk to your doctor about the best ways for you to manage anxiety.

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## Take care

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If your anxiety gets in the way of your daily life, you may want to seek help.



### CHECK YOURSELF

Ask yourself if your worries:

- Interfere with your daily routine
- Prevent you from reaching your goals
- Leave you feeling overwhelmed

Visit [Aetna.com/individuals-families/mental-emotional-health/anxiety-check.html](https://www.aetna.com/individuals-families/mental-emotional-health/anxiety-check.html) to take a short survey on your emotional health.



### FIND TREATMENT AT HOME

Certain behaviors and lifestyle changes may help relieve anxiety, including:

- Avoiding caffeine and smoking
- Maintaining strong social relationships
- Getting enough rest
- Exercising and meditating
- Practicing gratitude and positive thinking

If needed, your doctor may recommend other treatment options, such as counseling, therapy and doctor-prescribed medication.

<sup>1</sup>Healthwise. Anxiety. June 26, 2019. Available at: <https://www.healthwise.net/aetna/Content/StdDocument.aspx?DOCHWID=anxty>. Accessed September 22, 2020.