

# NAVIGATING ANXIETY

## When Worries Take Over



June 2020

### SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Challenging times can cause worries to ramp up and begin to impact your emotional wellbeing. This struggle with future unknowns is called anxiety. When you constantly feel on edge, it can affect how you feel about yourself.

This program provides confidential counseling, resources and referrals to help you improve your self-esteem to better manage anxiety.

### WEBINAR

Improving Self-Esteem: A Guide to Feeling Better About Yourself  
Available June 1. Located in the Monthly Feature Tile.

Learn ideas and practical strategies that you can begin using immediately to increase self-esteem and better cope with life's challenges.



CHRISTIAN  
BROTHERS  
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### PHONE

1-888-881-LINC (5462)  
Confidential Assistance  
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### WEB

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