

DON'T WAIT UNTIL YOU'RE OVERWHELMED



You may be experiencing anxiety if you notice:

- Uncontrollable, excessive worry
- Restless, on edge
- Racing thoughts
- Constant “what if” thinking
- Avoiding tasks as they make you feel anxious
- Difficulty concentrating



Just as you wouldn't ignore ongoing physical symptoms, don't ignore signs of anxiety. Early support can help you regain balance before it becomes overwhelming.

Best Care EAP website:



Did you know?

- Best Care EAP is available for you and your dependent eligible family members
- Best Care EAP offers multiple options for care
- Best Care EAP services are confidential

