

SELF-TEST

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8. I feel guilty easily.....	1	2	3	4
9. I do not like to fail.....	1	2	3	4
10. I feel people should listen better.....	1	2	3	4
11. I don't like to cause conflict.....	1	2	3	4
12. People don't appreciate all that I do.....	1	2	3	4
13. I'm not where I want to be in my life.....	1	2	3	4
14. There is not enough time in my day.....	1	2	3	4
15. I don't really feel rested.....	1	2	3	4
Subtotal	—	—	—	—
Total of all Subtotals	_____			

STEP 2: Find the subtotal for each column by adding the numbers in each column. (If you circle three number 3/s, your subtotal would be 9)

STEP 3: Add the subtotal together and note your grand total. Consult the score sheet below to determine your level of affectedness.

SCORING: This self-evaluation inventory may help you see that it is your attitude, inner beliefs, your picture of how life *should be*, that is causing most of your anxiety. It is impossible

for things to always “be fair.” You may have known this intellectually, but this evaluation measures your response and therefore, stress level, when you mentally stomp your feet and say, “It’s not fair! I am a good person. I follow the rules. I don’t deserve this!”

0 - 15 You are a very realistic person. You realize how ridiculous all of these statements really are.

16 - 25 Your attitude is responsible for a mild amount of anxiety in your life. With some minor adjustments, you can improve your stress level considerably.

26 - 35 You experience a moderate to high amount of anxiety as a direct result of your thoughts and expectations. You will be less anxious and more content if you learn how to change the way you think.

36 - 60 You are probably anxious and dissatisfied with yourself and others much of the

Understanding Anxiety And Stress

Stress is an inevitable part of the human condition. While stress is normal, even beneficial in many aspects, if not properly recognized and managed, persistent, high levels of stress can lead to both physical and emotional problems. Stress becomes a problem when we fail to recognize unhealthy levels of stress and ignore our body’s warning signs.

THE RELATIONSHIP BETWEEN STRESS AND ANXIETY DISORDERS

When we talk about stress and its relationship to anxiety disorders, we are really referring to two different kinds of stress. External stress is generated or caused by something tangible and real. It could be brought on by something as traumatic as someone trying to physically hurt you. It could be brought on by something as simple as watching a disturbing television program. Marriage, career change or having a baby are all good examples of

external stress. In other words, there is a valid reason for the stress. However, you can control your response to the stressor.

Internal stress is generated by your concern about the external stressor and the way it is making you feel. It is self-imposed stress; you only experience this stress if you *choose* to. Internal stress is based on our emotional response to the external stress and includes our self-talk, anger and obsessive, scary thinking. Normal, everyday stress can bring on body symptoms — racing heart, dizziness, trembling, etc. What the anxiety prone individual will do at this time is add internally generated stress on top of an already uncomfortable situation. He or she begins with self-talk like, “What’s wrong with me? Am I going to faint? I’m so dumb, why did I let this happen?”

It is internal stress that gets us into trouble. It’s from this internally generated anxiety that we get obsessive and carried away, scaring ourselves with untrue thoughts and imagined scenarios, which only add to our uncomfortable symptoms. This is the reality of the anxiety sufferer. Anxiety disorders commonly include: generalized anxiety disorder, panic disorder, agoraphobia and post-traumatic stress disorder.

People suffering from anxiety, panic, agoraphobia and post-traumatic stress disorder often complain of the following:

- _____ strong anxiety episodes
- _____ racing heart/chest discomfort

YOUR EAP IS HERE TO HELP

If you or a family member is suffering from excessive or chronic stress or anxiety, your Employee Assistance Program (EAP) can help you. Remember, all EAP services are strictly confidential, as mandated by law. Why not call an EAP counselor for help today?



time. It is your attitude and subsequent reaction process. You can be taught to see life experiences in a different way.

Most of the statements on this inventory are ridiculous, perfectionist, anxiety-producing statements. If you scored high on this inventory, you really need to change the way you think in order to minimize and eliminate some of your distress and anxiety. It is unhealthy — physically and emotionally. Call your Employee Assistance Program (EAP) for confidential counseling, referrals or information.

The self-test above, and the additional information on understanding anxiety and stress, was provided by the Midwest Center for Stress and Anxiety. For a free cassette tape about overcoming anxiety, stress and depression, you may contact them at: 1-800-ANXIETY...or visit their website at: www.stresscenter.com

- _____ trembling
- _____ nausea
- _____ hot and cold flashes
- _____ feelings of unreality and disorientation
- _____ dizziness
- _____ scary, uncontrollable thoughts
- _____ depressed feelings
- _____ fatigue
- _____ feelings of helplessness
- _____ panic episodes
- _____ muscle tension
- _____ migraine headaches
- _____ numbness in various parts of the body
- _____ strange aches or pains

People suffering from anxiety, panic, agoraphobia and/or post-traumatic stress disorder often have extreme apprehensions about the following:

- _____ dying
 - _____ having a heart attack
 - _____ fainting
 - _____ losing their breath
 - _____ going "insane"
 - _____ losing control
 - _____ embarrassing themselves in front of others
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How To Recognize A Teenager In Trouble



Like many parents, you may have felt relatively successful at parenting until the onset of your child's adolescence. Suddenly, the child who shared your interests and accepted your ideas now declares that, "You're completely out of it and don't understand anything about their life."

Some of your teen's rebellious or indifferent behavior just might be normal for this stage of their life. However, not all of their behaviors are the normal, rebellious angst that teenagers experience. Certain behaviors may indicate your teenager might be in over their head, be in trouble and need your help. The following are some things to look for — or be aware of — to help you recognize when a teenager is in trouble and in need of help:

THINGS TO LOOK FOR

Sleeping too much — We know that the teen years can sometimes find our children sleeping late or being lazy. You know the habits of your child — is your teenager sleeping even more than usual? Are they difficult to rouse? Do they complain of headaches or queasy stomach on rising? These may be symptoms of drug or alcohol use.



Not sleeping enough or insomnia — Is your teen staying out all night? Is your teen reluctant to tell you where they've been or who they've been with? Do they want to sleep during the middle of the day or "crash" for no apparent reason?

Irritable, erratic, moody or irrational behavior — Use or withdrawal from some drugs is accompanied by some or all of these behaviors. Does your teen become irrationally angry when confronted about their behavior? Do they show signs of rapid mood



swings from sullen to happy and effusive?

Depression — Certainly, adolescence is a time of great change for teens and they often experience depression or sadness. With all of the hormonal changes happening it is not so hard to understand. However, are they unusually quiet or reserved? Have they been more withdrawn than usual? Have they changed their relationships with friends, their lifestyle, their habits or cleanliness? These are just some of the indicators that beg for you to talk with your child and make sure everything is okay.

Keeping secrets or lying — Is your teen telling lies about significant things like where they've been, who they were with. Are they lying about their grades, getting in trouble in school, cutting classes, disappearing for long periods without an explanation?

CALL YOUR EAP FOR HELP

If you have concerns about a parenting or family issue, your Employee Assistance Program (EAP) can help you. The EAP is staffed with trained counselors who can help you assess your situation, suggest ways to help, and help you determine a plan of action. Why not call an EAP counselor today?

UNDERSTANDING ANXIETY AND STRESS

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- _____ choking
- _____ hurting themselves or someone else

COMMON TREATMENTS

While anti-anxiety and anti-depressant medications are often prescribed for anxiety and related disorders, learning to manage internally generated stress is at the heart of complete recovery. Medications help with the symptoms of anxiety, but they do nothing to affect the cause of the distress, which stems from the thought and behavioral habits of the sufferer.

Through cognitive behavioral therapies, the anxiety sufferer can learn to recognize the unrealistic thoughts that serve as cues for his or her maladaptive behavior and strengthen their coping skills and feelings of control over their own lives.

FirstCALL Your Employee Assistance Program

This newsletter is provided to you by **FirstCALL** in order to give you useful information on issues that matter. It includes wellness tips for you and your family. Use it as a stimulus for discussion with the people you care about.

If you have a question or concern about personal, family or work-related issues, call us. We are here to help 24 hours a day, 7 days a week.

1-800-382-2377

Read Healthy Exchange online. Go to:
www.Healthy-Exchange.com/firstcall

FirstCALL

Your Employee Assistance Program

It's no secret...

Life can be difficult. From time to time, all of us experience personal, family or work-related problems. Some fade away. Others can become overwhelming:

- Job Pressures
- Family and Marital Worries
- Parenting Issues
- The Loss of Someone Close
- Drug or Alcohol Concerns

Sometimes we struggle with:

- Sadness, Worries and Fears
- Frustration and Anger
- Difficulty Concentrating
- Life's Disappointments or Stresses
- Disturbed Sleeping or Eating
- A Sense of Unhappiness

FirstCALL is easy to access. Call our toll-free number at **1-800-382-2377**. From 8:30 a.m. to 8:30 p.m. (Eastern Time), Monday through Friday, our staff can provide you with information about the service and arrange appointments at any one of our multiple sites. Counselors are available to talk to you 24 hours per day, seven days per week.