



Taking control of anxiety

When you have anxiety, your body produces adrenalin, a stress hormone that allows your heart to work harder so you can have the energy to deal with the perceived danger or stressful situation. As your heart races, the adrenalin causes excess energy and makes you feel jumpy. In more intense situations, such as a traumatic accident, your body produces even more adrenaline. In fact, the thought of these types of situations can trigger severe anxiety.

When anxiety is intense, many people experience symptoms, such as:

- Heart pounding
- Poor sleep
- Tingling in the legs and arms
- Stomachaches and headaches
- Nausea
- Sweating

Uncontrolled anxiety can affect your work and relationships. In addition, severe and constant anxiety can cause common medical issues, such as high blood pressure, allergies, and digestive problems.

Talk to your doctor if you're experiencing prolonged anxiety. They will work with you to develop a treatment plan that can help your anxiety and any related health condition. The treatment plan might include medication, therapy, and lifestyle changes, such as those listed on the next page.

Aside from medical treatment, here are ways to protect your health and manage your anxiety:

- Spend time with trusted friends and family.
- Talk with a therapist about your feelings.
- Exercise regularly or stay active.
- Eat nutritious foods.
- Set aside enough time for sleep and rest.
- Avoid drugs, alcohol, and caffeine.
- Learn relaxation exercises or meditation.
- Focus on the positive.

Different people have different ways of managing their anxiety. If you're dealing with anxiety, talk with your doctor and try the suggestions above to find what works best for you so you can improve your quality of life — and enjoy it.

Find help for anxiety

To make sure you receive the best care available for treating your anxiety, download the SydneySM Health app. With the app, you can search for doctors, behavioral health therapists, and other specialists to help support your unique needs in person or virtually.

With Emotional Well-being Resources, you have access to help you and your household live your happiest, healthiest lives. Log into **anthem.com**, go to **MyHealth Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.



LiveHealth Online connects you to 24/7 confidential counseling through scheduled visits over live text message, telephone, or video. Use the **Sydney Health app** or visit **anthem.com** to find virtual care options that are right for you.

Sources:

Beacon Health Options website: *Anxiety* (accessed August 2023); [achievesolutions.net](https://www.achievesolutions.net).

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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