



ACTION REDUCES ANXIETY: Navigating Change with Confidence

Change is inevitable, but uncertainty doesn't have to be. Whether your company is evolving through new leadership, restructuring, or shifting priorities, it's natural to feel anxious about the unknown. **Taking action is the best way to regain a sense of control.**

STEPS TO MANAGE ANXIETY DURING TRANSITIONS

- ◆ Ask Questions
- ◆ Focus on What You Can Control
- ◆ Lean on Your Support Network
- ◆ Prioritize Self-Care

NATIONAL EAP IS HERE FOR YOU

We understand that change can bring stress and uncertainty. **Confidential support is available 24/7 to** address your concerns around change management or any other stressors you may be experiencing.

- ◆ **Confidential Counseling** – Speak with a professional about your concerns.
- ◆ **Workplace Coaching** – Navigate transitions with confidence through expert guidance.
- ◆ **Leadership Support** – Help your team manage change effectively and foster resilience.
- ◆ **Online Resources** – Visit the member portal for self-guided tools, webinars, and articles.

WEBINARS ON CHANGE & RESILIENCE

- Leaders - Leading Through Change – Explore strategies for guiding teams effectively during times of transition.
- Building Resiliency During Uncertain Times – Discover practical tools to cultivate personal and professional resilience.

Contact National EAP Today for Assistance

- ☎ Call National EAP at 800-624-2593
- 🌐 Visit nationaleap.com/contact to submit your request online
- 📄 Complete the Online EAP Intake Form

