

Resources for Living®



Learn about anxiety and how to manage it

Did you know that in the U.S. over 40 million adults have an anxiety disorder?¹ That's 19.1 percent of the adult population. And seven percent of children and teens from 3-17 experience anxiety concerns each year.¹

It's important to understand anxiety, what's "normal" and what could be a sign of an anxiety disorder.

Check out the resources we've put together to help you learn more about anxiety and coping tools that can help.

Need support?

Resources for Living is here for you 24/7. Visit us online or call anytime.

(800) 848-9392 (TTY: 711)

[Visit your member website](#)

Organization Username: pcsb

Access Code: eap

**Resources to help with
anxiety**



Just breathe

Deep breathing can trigger your body's relaxation response, which can help your mind feel calmer too. Try these simple exercises.

[Listen](#)



Generalized anxiety disorder

Generalized anxiety disorder (GAD) involves more than worrying -- read about the other symptoms, potential causes and effective treatments for this condition.

[Read the article](#)



Tips for reducing tension and anxiety

Learn about coping strategies and self-care habits that can help lessen everyday stress and anxiety.

[Read the article](#)