



Dealing With Anxiety at Workplace

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Introduction

Work tension can significantly have an effect on your excellent of lifestyles and go away you counting down the mins till 5 o'clock comes around. Roughly 3 out of each 4 human beings with pressure or tension of their lifestyles say that it interferes with their everyday lives, and the administrative center isn't any exception. Anxiety can have an effect on overall performance at work, the excellent of the work, relationships with colleagues, and relationships with supervisors. And when you have an identified tension disorder, then those demanding situations might also additionally show even extra difficult.

People report that deadlines and dealing with difficult people are the biggest causes of work-related stress.¹ Conflict in the workplace will elicit many different reactions. Some people love the drama, while others would rather hide under their desks until the commotion subsides. Regardless of whether or not you thrive on conflict, lack of effective communication at your job can cause quite a bit of anxiety. When several people in the office are visibly affected by anxiety, the level of stress can almost feel contagious. People begin to miss more work, the quality of work goes down, and coworkers begin to gossip or vent rather than work together to solve problems. People stop talking to one another, they start collecting mountains of grievances, and the environment can become downright toxic.

The first step in managing work anxiety is building a personal wellness plan. If you're getting adequate sleep, eating healthy, exercising, and engaging in social activities outside of work, then your odds for decreasing workplace anxiety are much greater. But reducing anxiety in the workplace requires more than mindfulness exercises or a yoga class every now and then. You must also examine how you function in workplace system and how you deal with others. Do you hide from your boss? Do you gossip with your coworker in the neighboring cubicle? Do you wait to speak up until you're seething with anger or bursting into tears? There are a few simple strategies you can start examining and practicing to help you arrive at work calmer and not take worries home with you. In addition to seeking professional help to manage anxiety, you can use these interpersonal strategies to help lower overall anxiety in the office and help you stay calm, focused, and productive. Let's take a look at a few.

Having a solid one-to-one relationship with people in the office makes it easier to address problems with the original individual rather than gossiping or venting to others. This starts by knowing people's names and their responsibilities. If you forget a person's name, don't be embarrassed to ask again. It's never too late to start building stronger relationships at the office.

When work is hectic, it becomes all too easy to say "yes" even when you don't understand how to do something. But the discomfort of asking for help or clarification is worth it in the long run, and it can decrease overall anxiety about responsibilities. Asking for help also communicates to your superiors that you genuinely care about doing a good job. Many workplaces are built on gossiping about coworkers or venting about others. Though this might provide temporary relief or entertainment, it only serves to build up tension and stress. You can almost feel it floating in the air when an office is full of this kind of negativity. Bonding with someone by talking about a third person is called "triangling," and it's an unhealthy way to manage work anxiety. Examples of triangles might include gossiping about a third person, criticizing someone behind their back, and using them as a scapegoat.

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