



# WORKING WITH ANXIETY

From Personal Weakness to Career Strength

# WHO AM I?

- I received a Bachelors of Science in Molecular Biology.
- I have been a Quality Assurance Specialist for the past 4 years.
- I love stories in many forms: books, movies, games, and conversations.
- I both enjoy and learn through patterns.
- I have Generalized Anxiety Disorder.



# WHAT IS GENERALIZED ANXIETY DISORDER?

Merriam-Webster dictionary defines it as:

"an anxiety disorder marked by chronic excessive anxiety and worry that is difficult to control, causes distress or impairment in daily functioning, and is accompanied by three or more associated symptoms (such as restlessness, irritability, poor concentration, and sleep disturbances) - abbreviation *GAD*"



# WHAT DO I HOPE YOU WILL GET FROM THIS?

- Awareness

- 1 action item





# PART 1:

## PERSONAL WEAKNESS BENEFITS CAREER

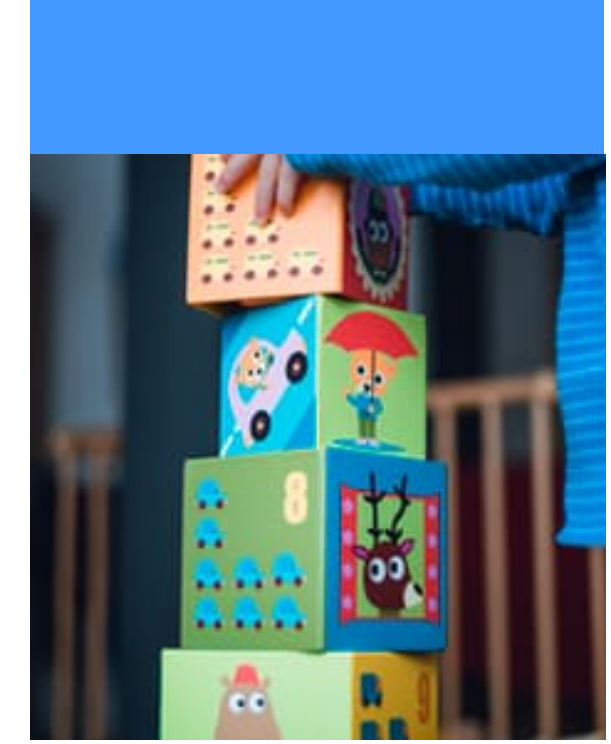


# BUILDING CHARACTER



# HOW IT APPEARS

- Cleaning takes me forever.
- Why was I being ridiculous?
- I just wanted to play.

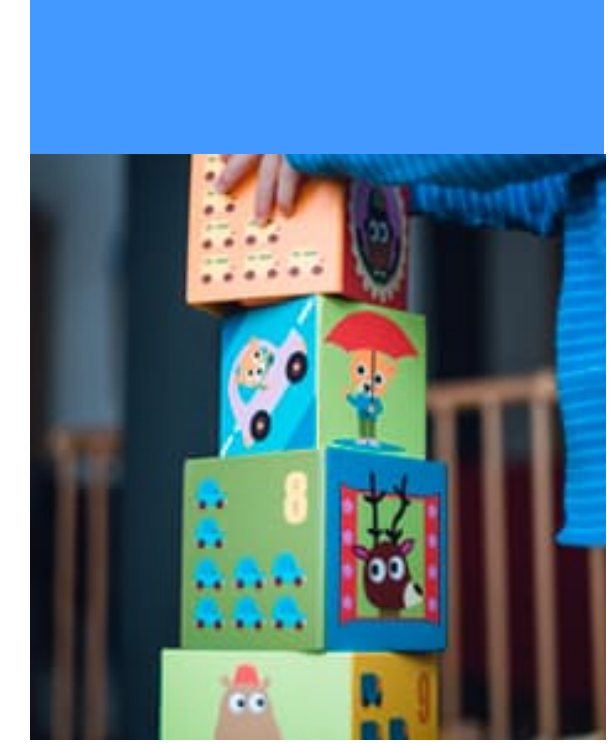


# HOW IT APPEARS

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# CAREER APPLICATION

- I have an inherent attention to pattern.
- This habit encourages a structured approach to a problem. Use it.
- Managers and coworkers: Use objective perspective to identify positive applications.

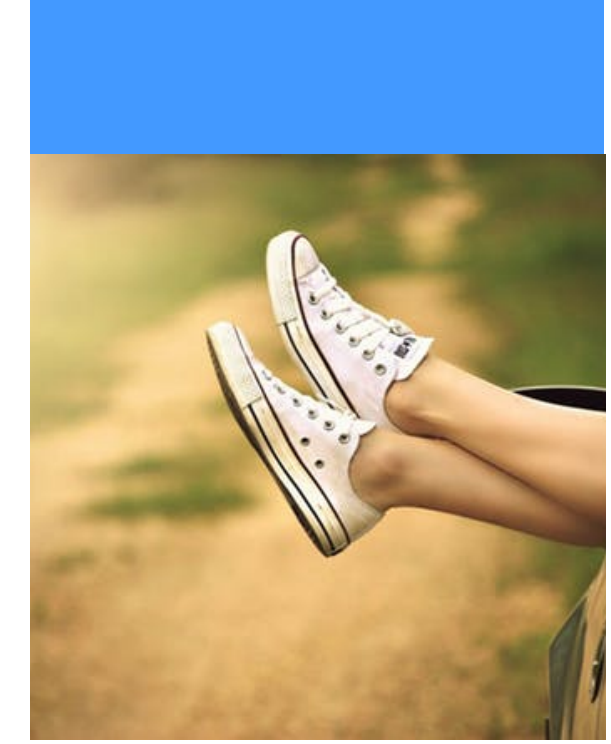


**MISSED IT BY  
THAT MUCH**



# HOW IT APPEARS

- I nearly made a fool of myself.
- How could I miss something so obvious?
- I let my fear keep me from seeing the world.

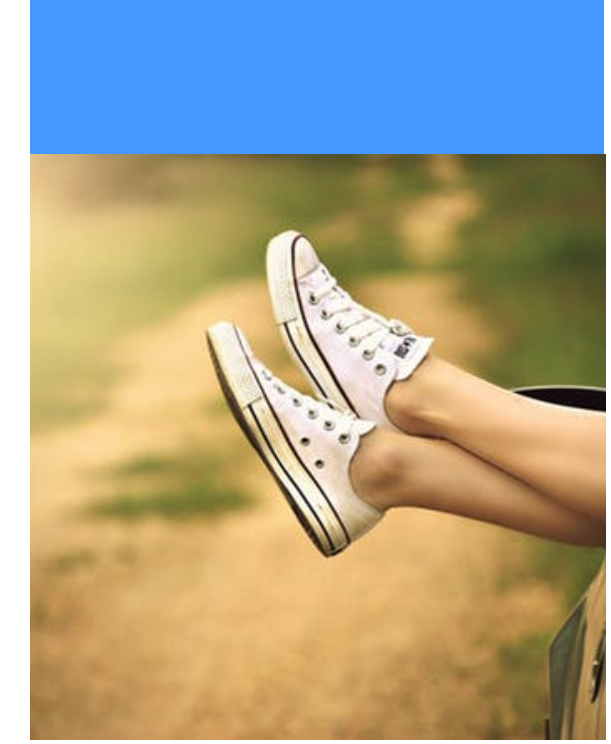


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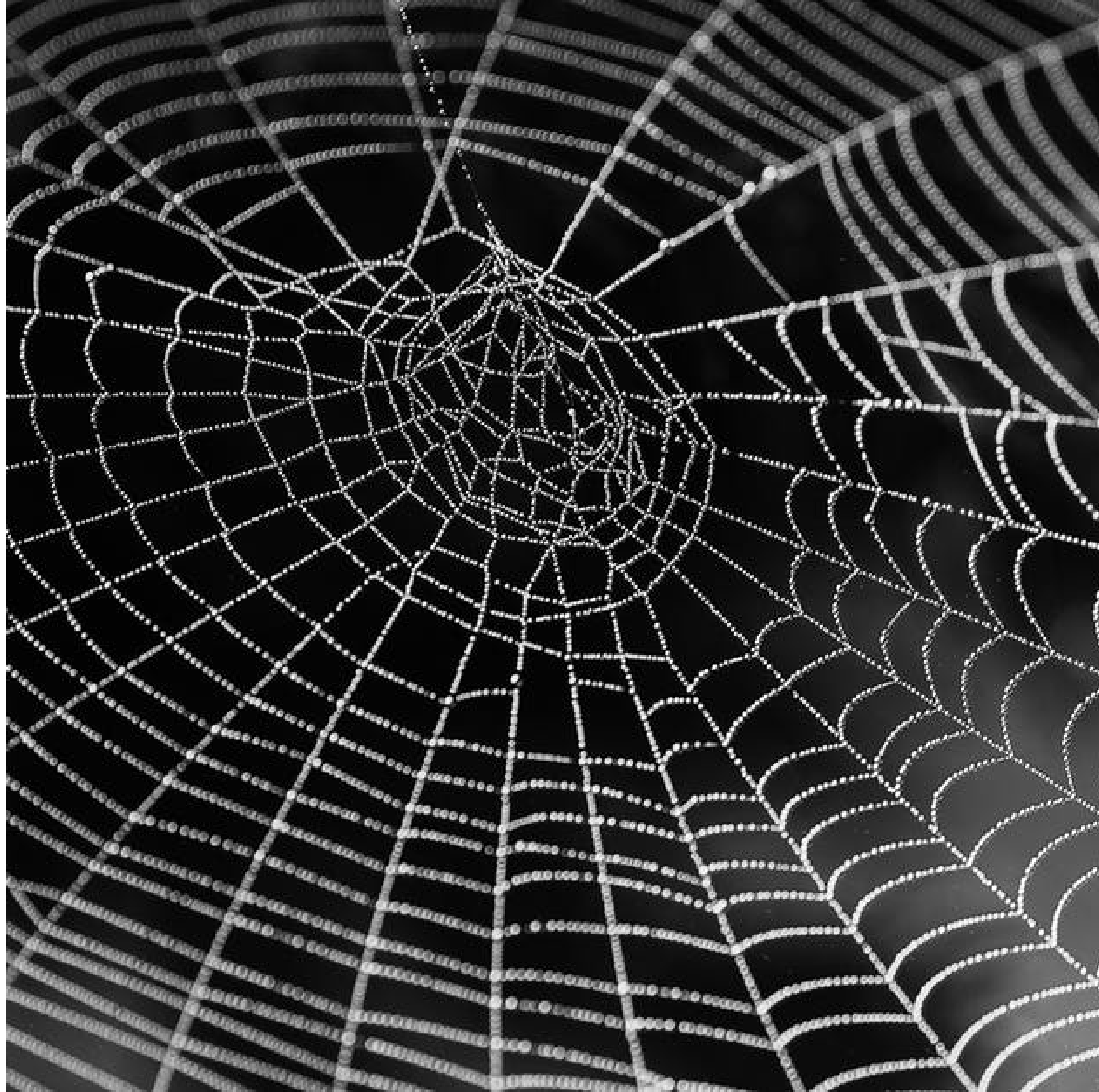
# CAREER APPLICATION

- Its important pay attention to risky areas.
- Expect your understanding of risks to change.
- Managers and coworkers: Patience working through my anxiety to find the risk.





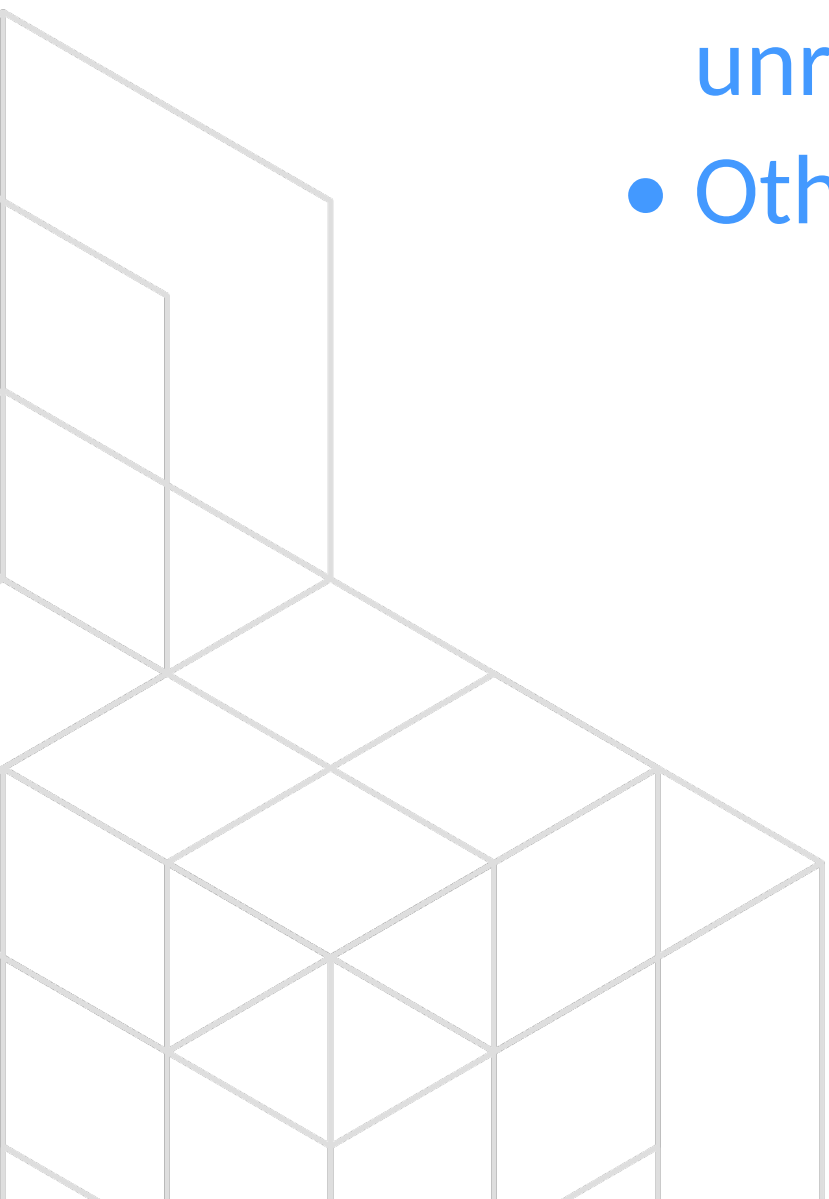
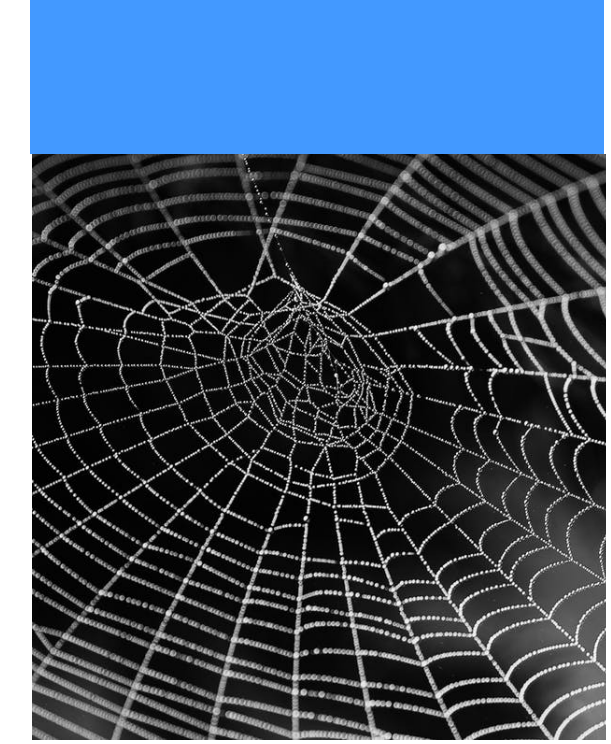
# CAUGHT IN A WEB





# HOW IT APPEARS

- Working in the lab only made life more difficult.
- My habits are illogical and unreasonable.
- Others didn't worry like I did.

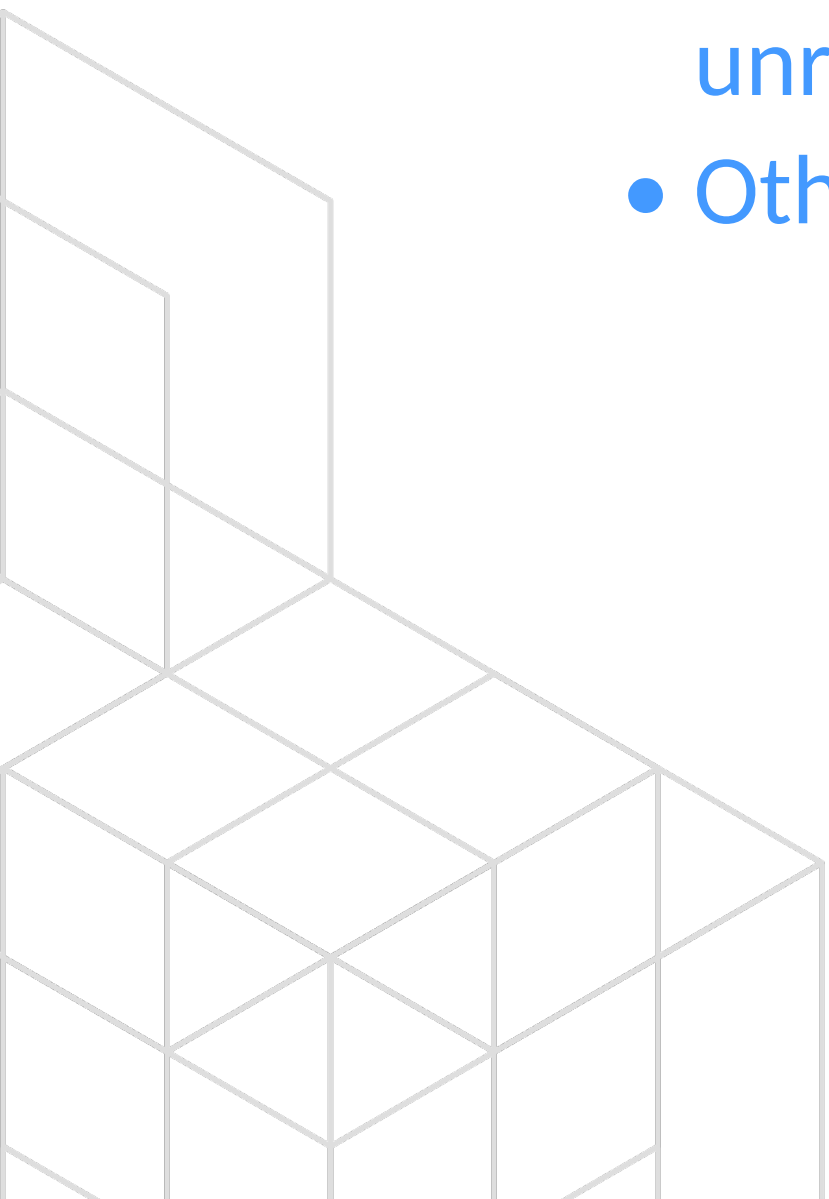
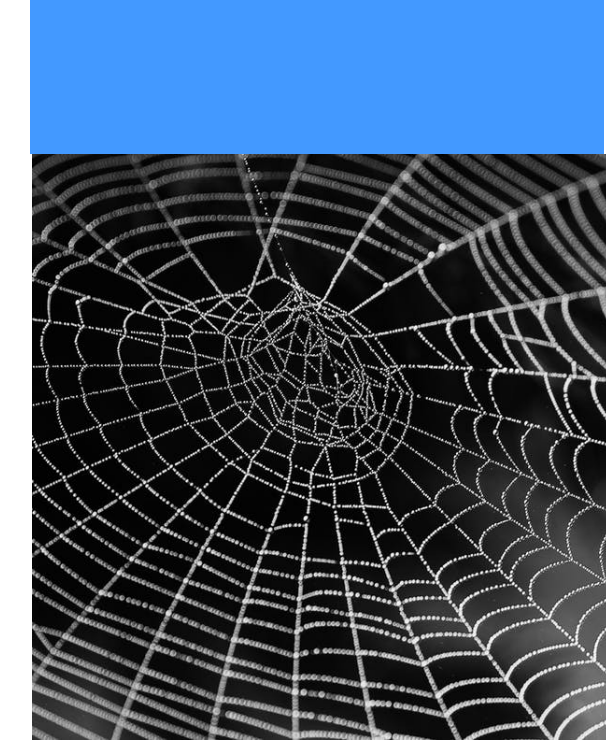


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# CAREER APPLICATION

- My habit allows me to identify connections.
- Use the scientific method in testing.
- Managers and coworkers: Encourage retention of the positive application.



# ADD A TABLESPOON OF ADVICE



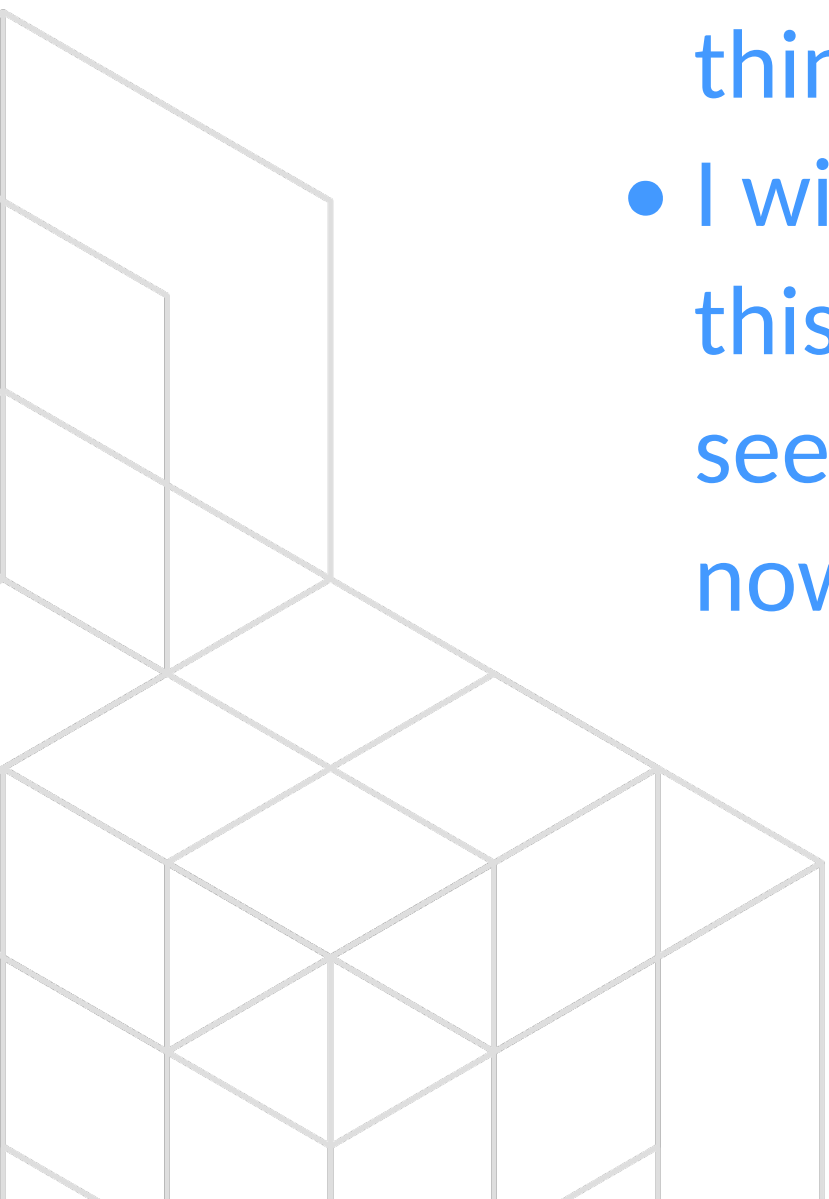
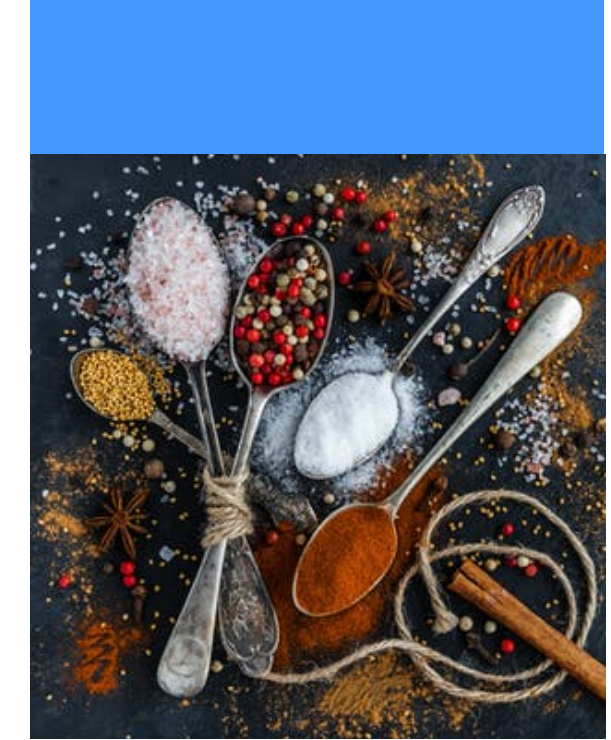
# HOW IT APPEARS

## Negative

- I won't listen to good advice.
- I can't do simple things.
- I will never break this pattern if I can't see how to do it now.

## Positive

- Advice that isn't applicable now can be useful later.
- When an approach isn't working, talk about it.





# HOW IT APPEARS

## Negative

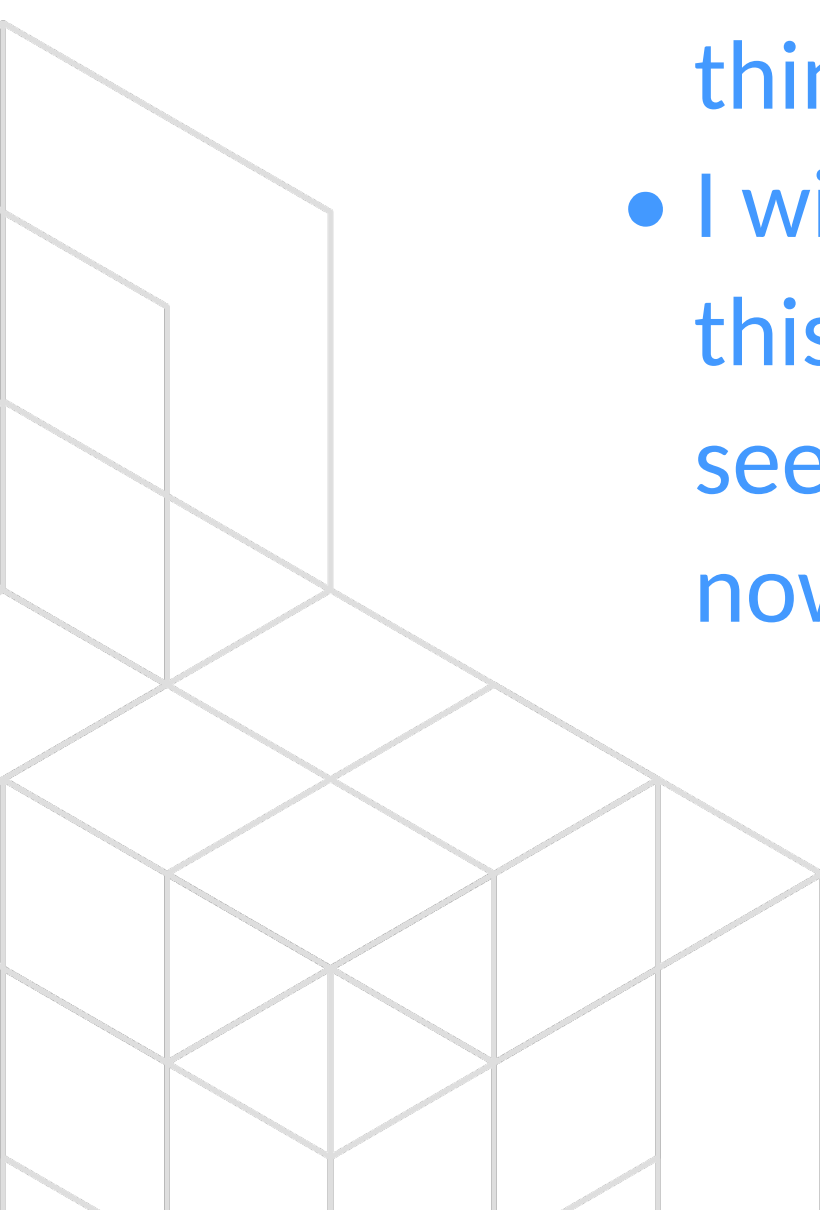
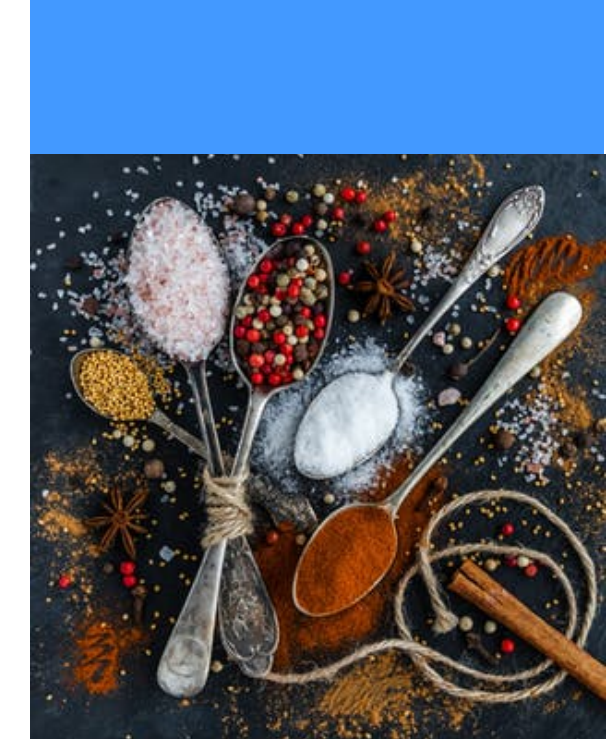
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## Positive

- Advice that isn't applicable now can be useful later.
- When an approach isn't working, talk about it.

# CAREER APPLICATION

- Don't discard ideas not immediately applicable.
- Bring up when something isn't working, and find a solution.
- Managers and coworkers: Your advice is welcome.



# CELEBRATE THE PLATEAUS



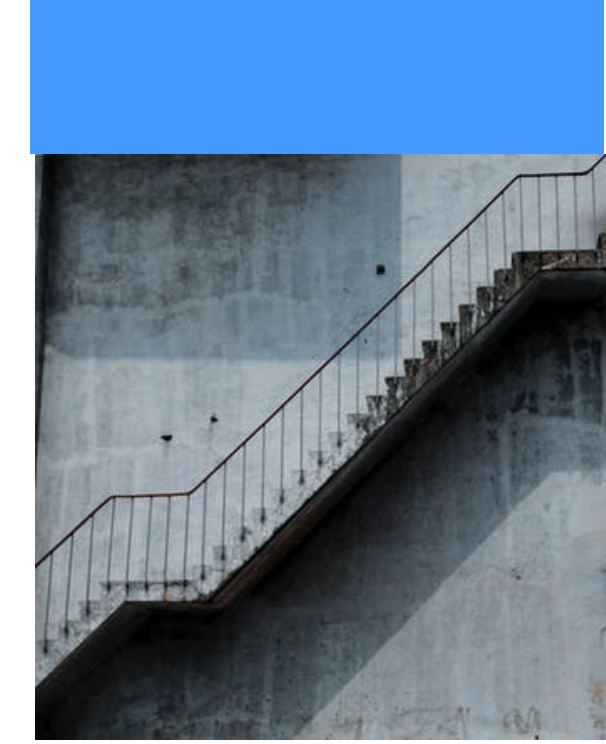
# HOW IT APPEARS

## Negative

- So much for success.
- I'm a broken record.
- Should I bother predicting success. It turns into a lie.

## Positive

- Plateaus are where change occurs.
- Creating a consistent base is better than a spike of success.



# HOW IT APPEARS

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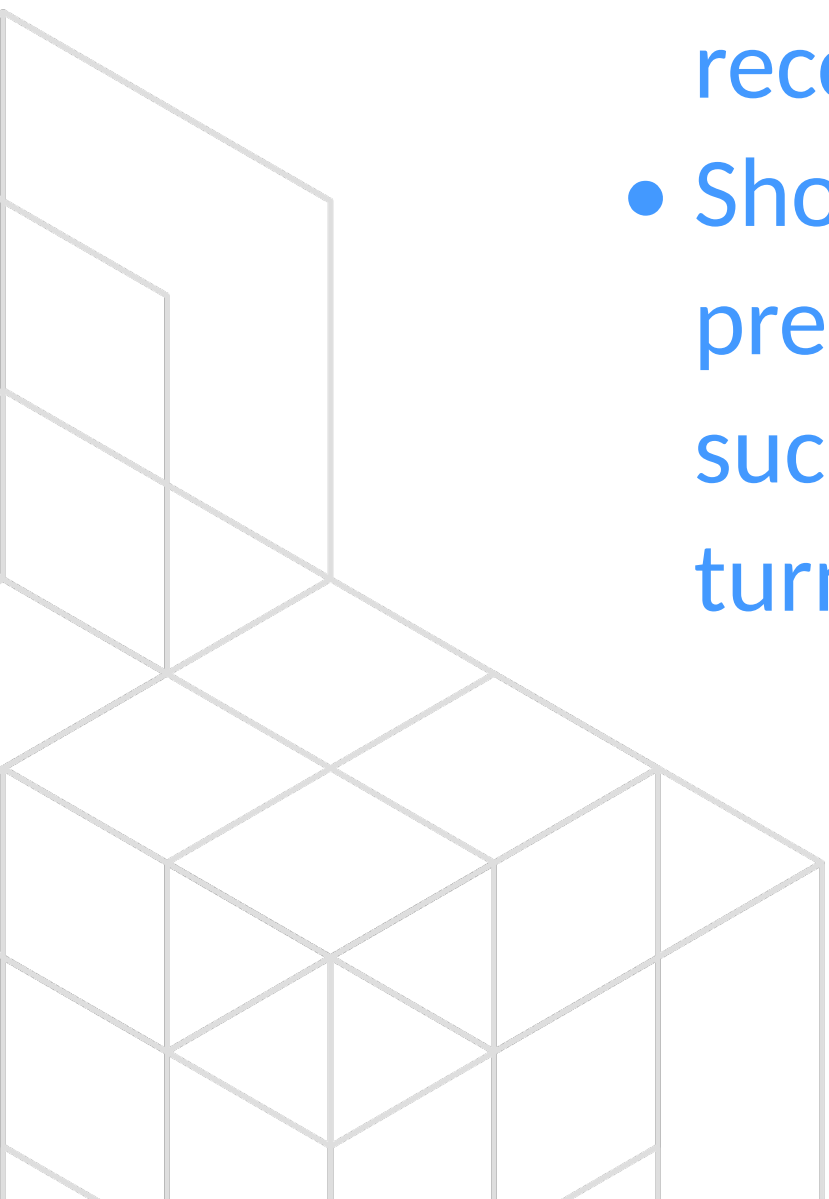
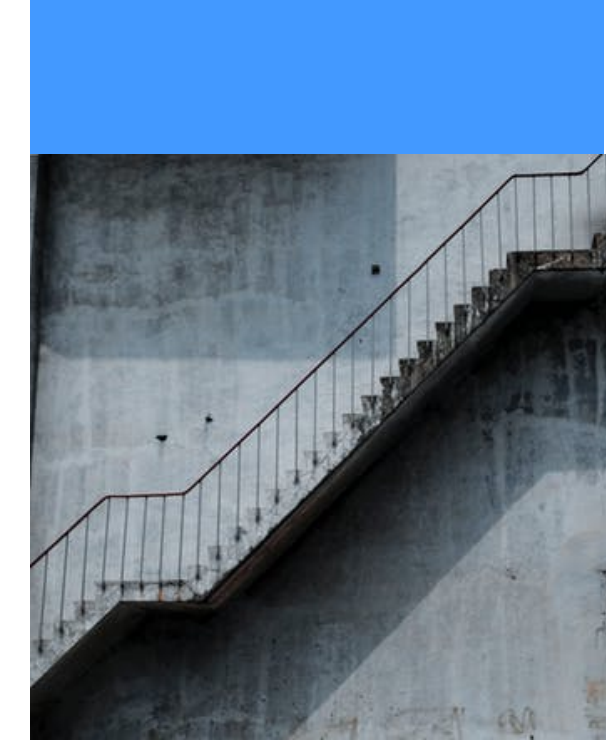
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## Positive

- Plateaus are where change occurs.
- Being consistent is better than a spike of success.

# CAREER APPLICATION

- Success is found in unexpected places.
- Success is measured over time.
- Be hopeful, but realistic.
- Managers and coworkers: Consider if plateau is evidence of change.





# PART 2:

## CAREER BENEFITS PERSONAL WEAKNESS





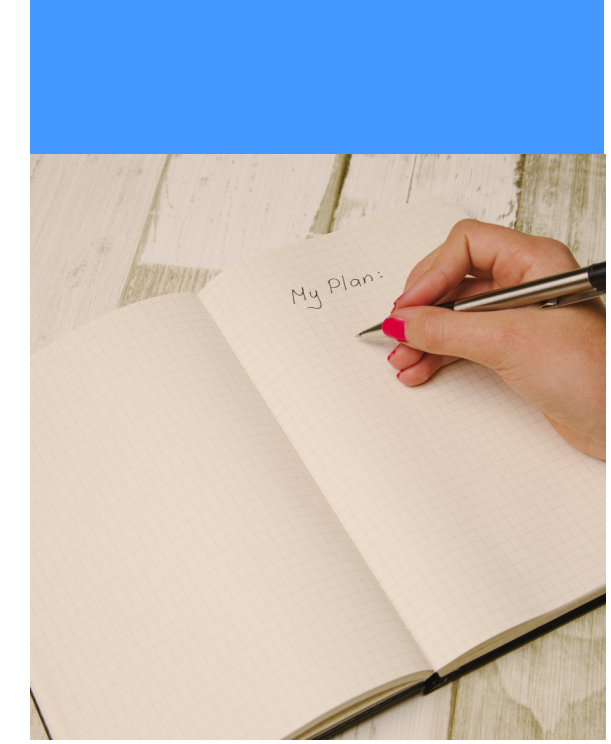
# PRIORITIZE THE LIST





# LESSONS IN WORKPLACE

- Some things can be put in the backlog.
- Evaluate risks and benefits to determine how to act.
- Ownership doesn't mean you have to do it all yourself.

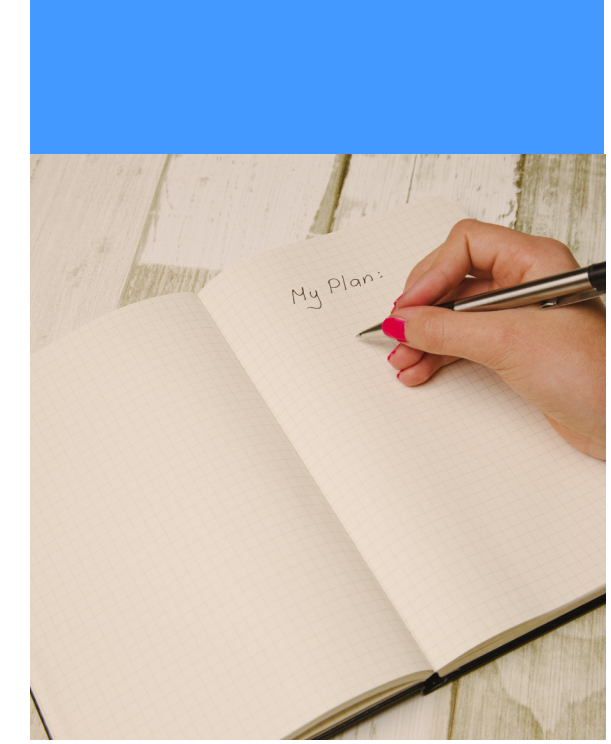


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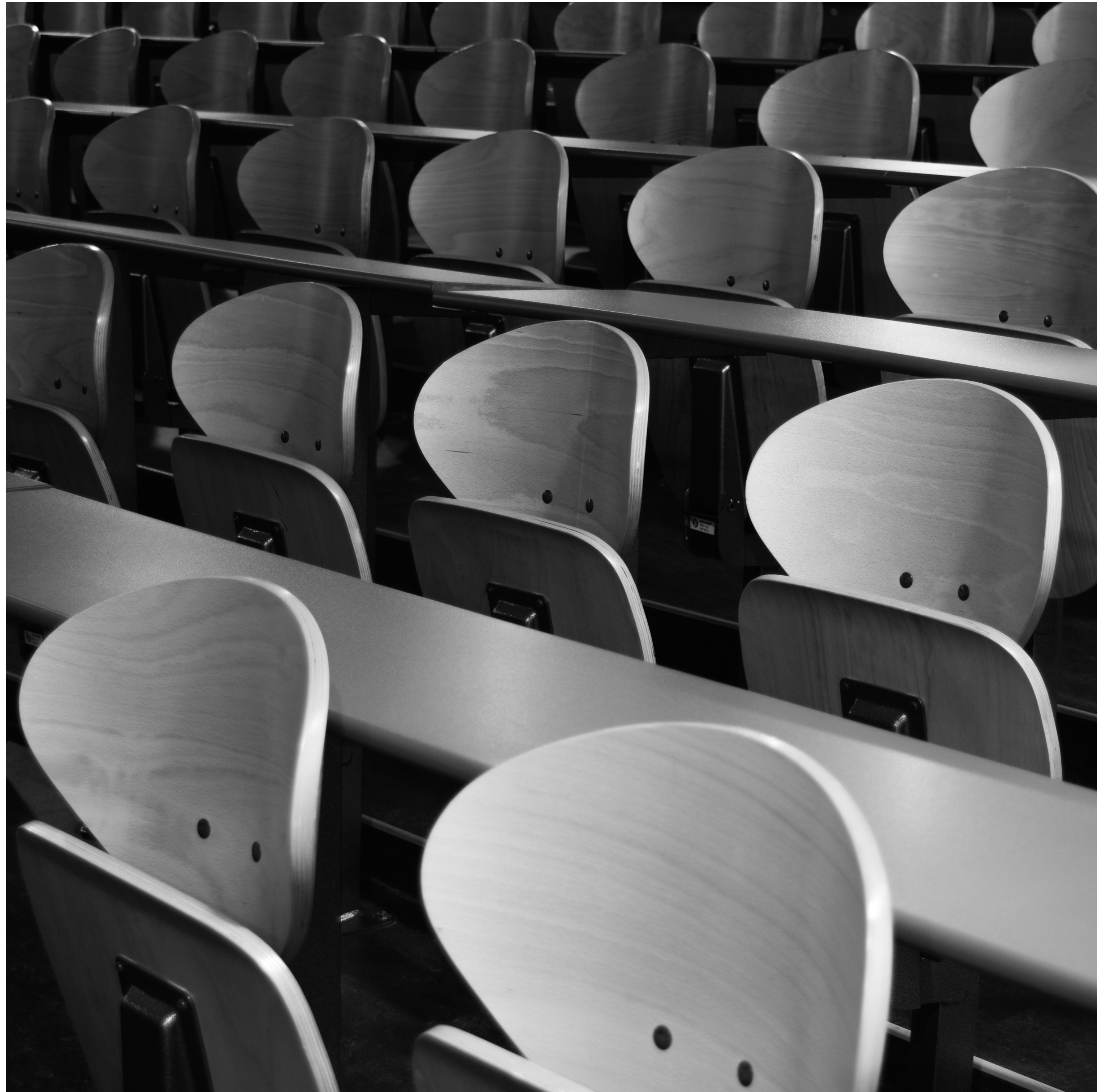
# ANXIETY MANAGEMENT APPLICATION

- It's okay if I don't overcome every anxiety right now.
- Identifying risks can help me face fear.
- It's okay to ask for help.
- Managers and coworkers: Be an advocate for your coworkers.





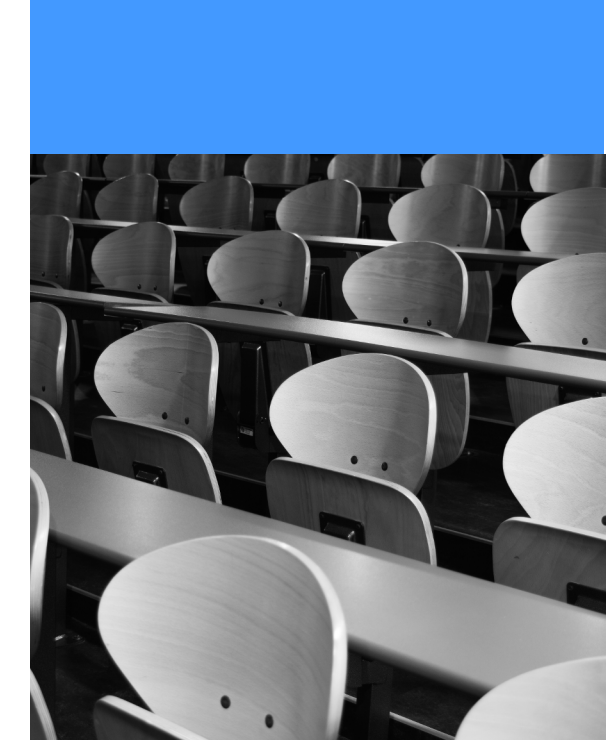
# EVERY PAPER NEEDS EDITING





# LESSONS IN WORK PLACE

- Constructive questions are good.
- Expecting to disagree isn't constructive.
- We may not always agree. That doesn't mean we are bad.

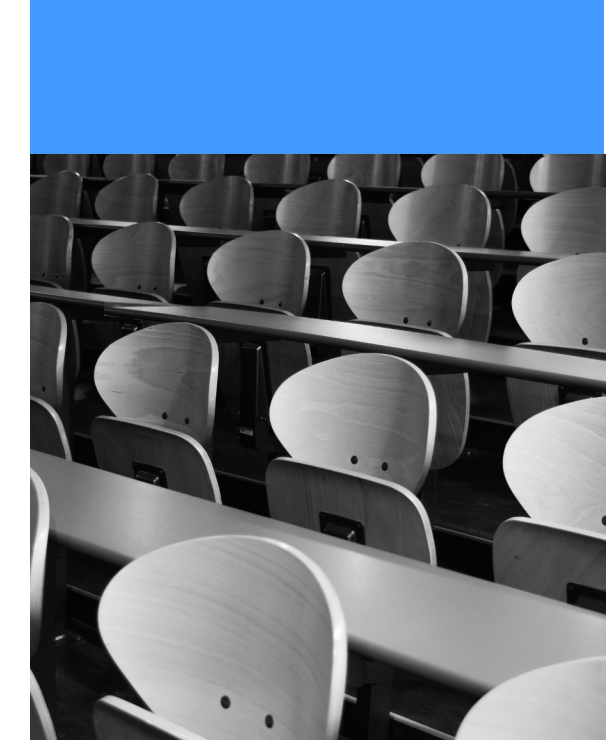


# LESSONS IN WORK PLACE

- Questions and constructive criticism can be good.
- We may not always agree. That doesn't mean we are bad.
- Coming to a meeting expecting to disagree isn't constructive.

# ANXIETY MANAGEMENT APPLICATION

- I can be criticized and not be a bad person.
- Be willing to listen to advice.
- Diffuse the defensiveness.
- Managers and coworkers:  
Encourage questions through the way you respond.



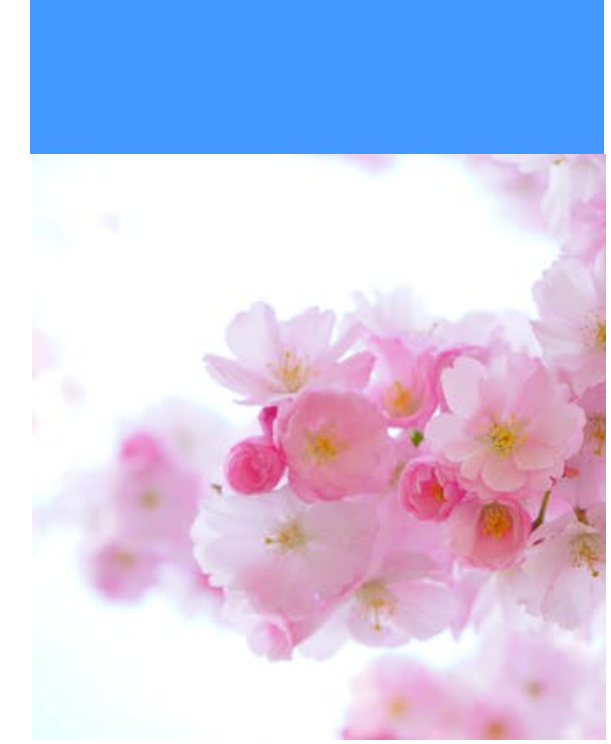
**TAKE A  
MOMENT  
TO BREATHE**





# LESSON IN WORK PLACE

- I am important.
- Taking time to take care of me makes me more effective.
- Finding someone to talk through my stress helps me to refocus.

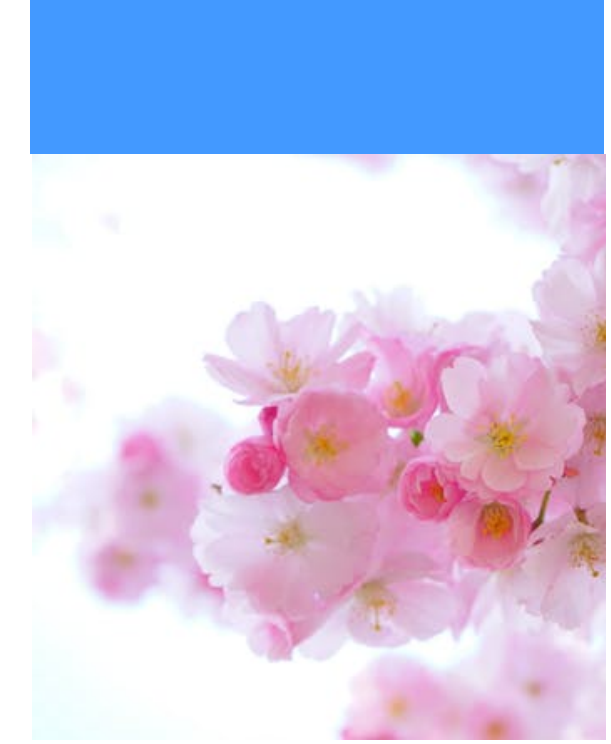


# LESSON IN WORK PLACE

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- Taking time to take care of me makes me more effective.
- Finding someone to talk through my stress helps me to refocus.

# ANXIETY MANAGEMENT APPLICATION

- I am important. I need to treat myself like I am.
- I can take breaks, but come back after the break.
- Find someone to talk to
- Managers and coworkers: Listen. Make coworkers important.



# CHANGE THE QUESTION



# LESSONS IN WORKPLACE

- People will stop valuing my questions.
- Consider asking a different question.
- Explain why you are asking.



# LESSONS IN WORKPLACE

- If I ask the same question:
  - I will likely get the same answer.
  - people will stop valuing my questions.
- Consider asking a different question.
- Explain why you are asking.

# ANXIETY MANAGEMENT APPLICATION

- Do I have to ask again?
- Rephrase the question.
- If I'm asking the same question, explain why.
- Managers and coworkers: Clarify reason for a repeated question.

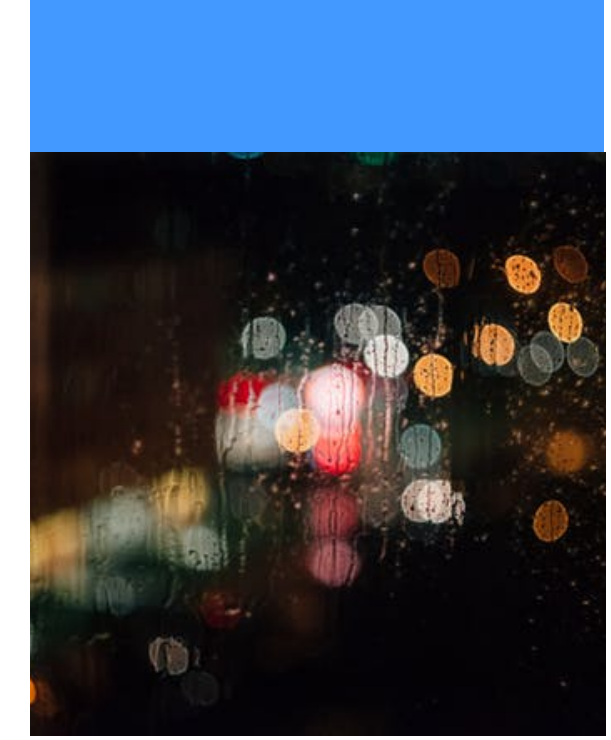


# CLEAN YOUR GLASSES



# LESSONS IN WORKPLACE

- Verifying the concern can save time.
- I lose credibility if I consistently reacting when it's not a problem.



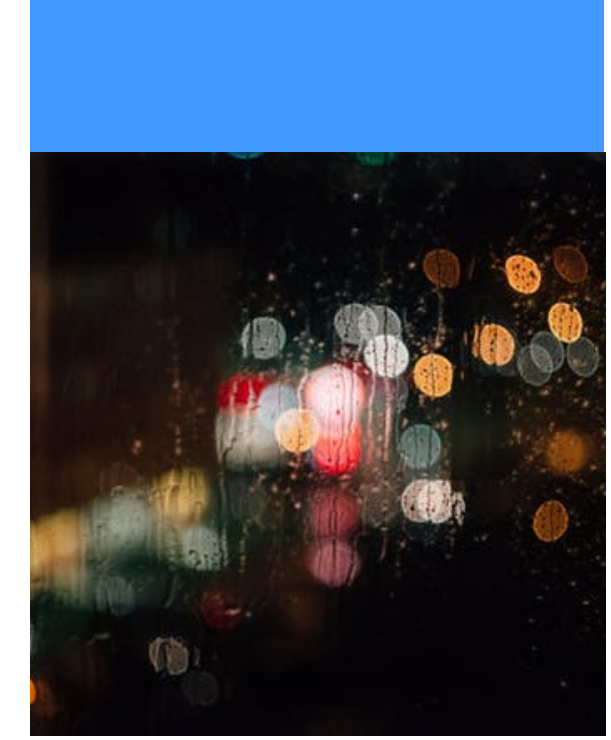


# LESSONS IN WORKPLACE

- Verifying the concern can save time.
- I lose credibility if I consistently reacting when it's not a problem.

# ANXIETY MANAGEMENT APPLICATION

- Think through a situation before accepting the stress as accurate.
- Some stresses are accurate. Practicing this can help others believe me.
- Managers and coworkers: Explain why a concern isn't acted on.



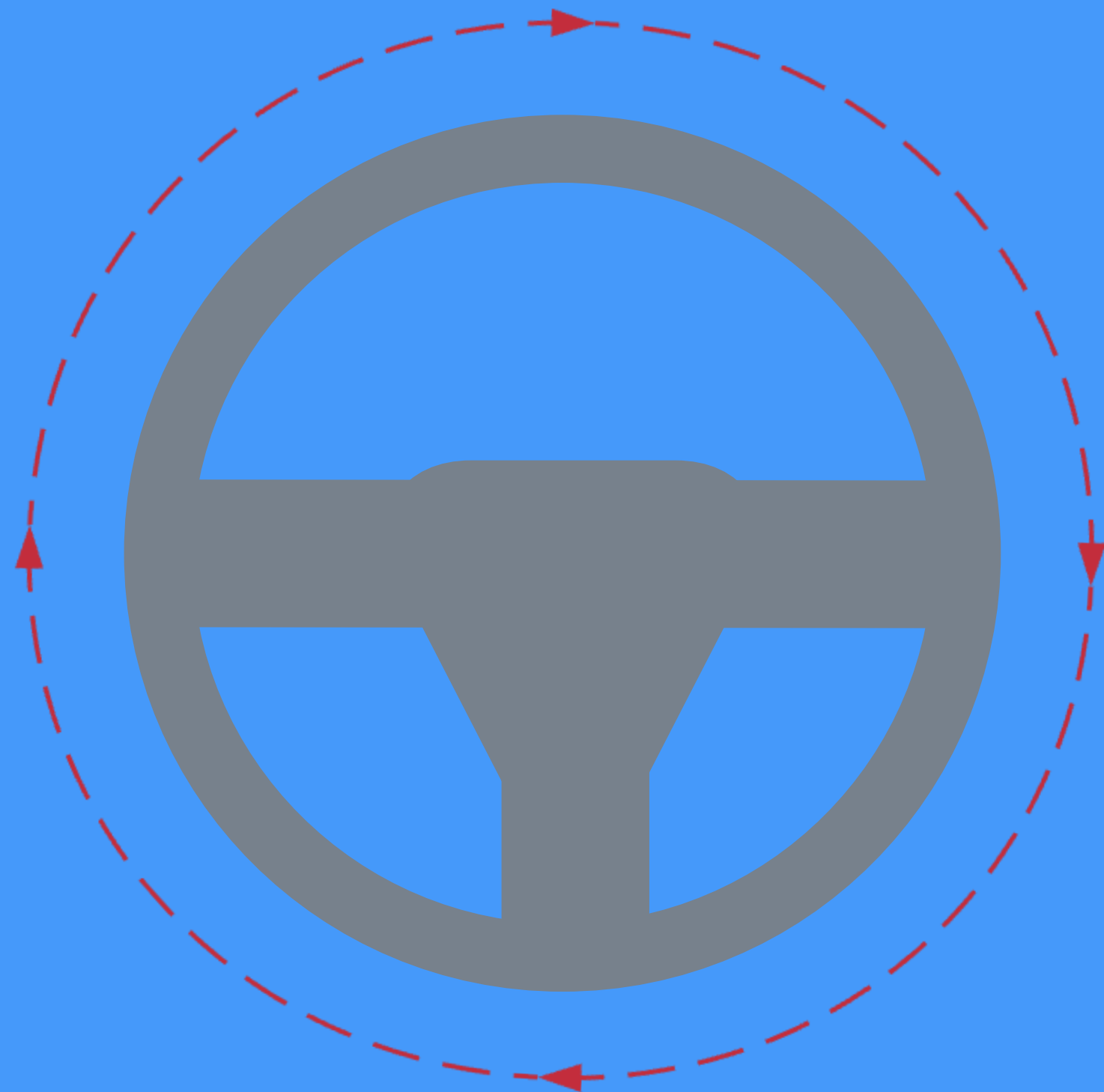


# HOW DOES THIS APPLY TO YOU?

We all have challenges, areas in which we struggle, situations that seem to affect us negatively.



# CONSIDER A STEERING WHEEL



- The wheel is anchored in place.
- The spinning is of no use to the wheel.
- It loses all progress it has made.
- The wheel can only spin so far.





# CONSIDER A TIRE



- Spins like a steering wheel.
- Never actually goes backward.
- The lowest point provides the friction needed to move.
- What matters is the direction you are pointing.

# WHAT NOW?

- Awareness

- 1 action item



# QUESTIONS?

