



# Tune in

Nurture your mental and emotional health

Anxiety — we all deal with it from time to time. It can make you feel nervous, worried or sick to your stomach. Over time, feeling that way can affect your health and well-being. The good news? There are things you can do to help you manage it.

## What can anxiety feel like?¹

- Racing heart
- Shaking hands
- Dry mouth
- Sweaty palms
- Upset stomach

¹Healthwise. Anxiety. June 26, 2019. Available at: <https://www.healthwise.net/aetna/Content/StdDocument.aspx?DOCHWID=anxty>. Accessed September 22, 2020.

# Take care

If your anxiety gets in the way of your daily life, you may want to seek help.



## CHECK YOURSELF

### Ask yourself if your worries:

- Interfere with your daily routine
- Prevent you from reaching your goals
- Leave you feeling overwhelmed

Visit [Aetna.com/individuals-families/mental-emotional-health/anxiety-check.html](https://www.aetna.com/individuals-families/mental-emotional-health/anxiety-check.html) to take a short survey on your emotional health.



## FIND TREATMENT AT HOME

### Certain behaviors and lifestyle changes may help relieve anxiety, including:

- Avoiding caffeine and smoking
- Maintaining strong social relationships
- Getting enough rest
- Exercising and meditating
- Practicing gratitude and positive thinking

If needed, your doctor may recommend other treatment options, such as counseling, therapy and doctor-prescribed medication.

**Talk to your doctor about the best ways for you to manage anxiety.**

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna plans.

[Aetna.com](https://www.aetna.com)

