

# UCI Wellness

## THE REST AND REVIVE CHALLENGE

### WEEK 6: GET HELP WHEN YOU NEED IT

Know when it's an emotion, and when it's an issue.

Chances are, you've experienced anxiety at some point in your life. This feeling of worry or nervousness can strike when we're faced with a major challenge.

When is anxiety an issue? Anxiety is a cause for greater concern when it:

- Interferes with your daily activities
- Is out of proportion based on the situation
- Lasts a long time

Remember, your worries might not simply go away on their own. They are a real issue, and they may even get worse over time if you don't get help.

If you're experiencing anxiety, see your doctor or a mental health provider for the help you need to get relief.

Adapted from: Anthem BlueCross



### THIS WEEK'S WEBINAR

- Coping with Compassion Stress



### THIS WEEK'S TIP

- Anxiety



### ADDITIONAL RESOURCES

- Understanding Depression
- UCI Employee Assistance Program (GuidanceResources)
- UCI Faculty and Staff Mental Health Care Coordinator
- UCI Health Care Facilitator
- UC Behavioral Health Benefits
- Optum Behavioral Health Resources (UC Access Code 11280)
- UC Wellness Resources



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