

# TP TOP PERFORMANCE®

Helping You Be Your Best.

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## QuikRisk™ Assessment: Generalized Anxiety

By Eric Endlich, PhD

**We all worry from time to time**, but have you ever felt that you worry more than other people — or that you simply worry too much? Use this assessment to estimate your anxiety level.

**On most days, for at least the past 6 months:**

	YES	NO
1. I worry about a variety of things.	10	0
2. I feel restless or on edge.	10	0
3. I get tired easily.	10	0
4. It's hard for me to concentrate.	10	0
5. I feel irritable or annoyed.	10	0
6. My muscles feel tense.	10	0
7. I don't get a good night's sleep.	10	0

**What's your number?** If you scored from 40 to 70, you might have generalized anxiety disorder (GAD), which affects more than 3% of the population. People with GAD worry even when nothing is wrong, and often find that their anxiety level interferes with their work or relationships. Perhaps you've already seen your health care provider about physical complaints, such as stomachaches or neck pain, or to figure out why you're so tense.

**What to do:** Self-help ideas include exercise, meditation and exploring nature. Psychotherapy — and in some cases medication — may also help you manage your anxiety. For professional help, ask for a referral from a trusted friend or your provider, health plan or employee assistance program.

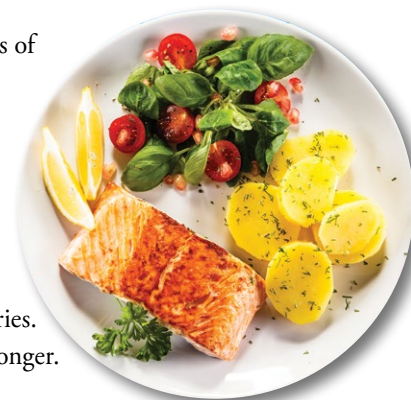
## Best Work Snacks

**When hunger strikes at work, you may find yourself heading for the vending machine or grabbing the leftover chips and cookies from the lunch meeting.**

**Set yourself up for nutrition success** by packing healthy, satisfying snacks within easy reach. When you make snacks part of your sensible eating plan, you can focus better, feel more energetic and control your weight.

### Rely on these high-energy snacks:

- Apple slices and string cheese.
- Whole-wheat crackers with peanut butter or cheese.
- Carrots or celery with hummus.
- Vegetables with low-fat ranch dip.
- Plain yogurt with fresh fruit.
- An ounce of nuts (e.g., 20 to 25 almonds).
- Pita chips with salsa or guacamole.
- Hard-boiled egg.
- Instant oatmeal (choose unsweetened, plain oatmeal and add fruit).
- Berries, grapes and other portable fruits.
- Air-popped popcorn (top with 1 to 2 tablespoons of Parmesan cheese instead of butter and salt).
- Whole-grain dry cereal (make sure sugar is far down on the ingredients list).
- Cherry or grape tomatoes.
- Medium banana.



### Snacking Quick Tips:

**Watch** serving sizes. Aim for fewer than 200 calories.

**Combine** protein with carbohydrates to feel full longer.

**Avoid** added sugar.

**Drink** lots of water.

## Be a Good Sport with Coworkers

Joining a company sports team can build camaraderie, as long as you use some etiquette and common sense when it comes to exercising with fellow employees.

- Leave any workplace grievances at the office. If you have an issue with someone or just don't have similar personalities when it comes to your professional life, put those feelings aside on the field or court.
- Remember you're part of a team. Work together; don't try to hog the glory.
- Don't be a sore loser if you don't come out on top.

Remember, you're representing your company and the rest of the people on your team. Congratulate your opponents and thank them for the game.

# Protect Your Personal Life

**Having a rich, satisfying personal life outside of work is good for you mentally and physically.**

While keeping work separate from home life can seem difficult, these strategies can help:

**Unplug.** Even if it's just for an hour, turn off all devices and completely separate from work. Use this time to reflect, practice a hobby, experience nature or enjoy time with loved ones. Try to make this a habit every day. Get the entire family on board: Put away phones and other smart devices during meals and conversations.

**Mentally separate.** When away from work, create cues that signal absolute downtime. You might watch the news, relax in a favorite chair or take a walk around your neighborhood. These provide a shift from work into personal time.

**Create an active personal life.** Spend time with activities and people you enjoy. Learn a new sport. Join a club or organization that focuses on your interests. Or volunteer for a local cause.

When you cultivate a fulfilling life away from work, you will be more likely to protect it.



# Headache Relief

**It's tough to focus on doing your best when you have a splitting headache.** Sometimes relief is as simple as eating a meal, rehydrating or taking an over-the-counter (OTC) medication, but sometimes it requires more. Here are some common headache types and recommended self-care:

**Tension headaches** are the most common type of headaches. Symptoms usually are a steady ache affecting both sides of the head. Tension headaches result from stress or muscle tension and can be chronic.

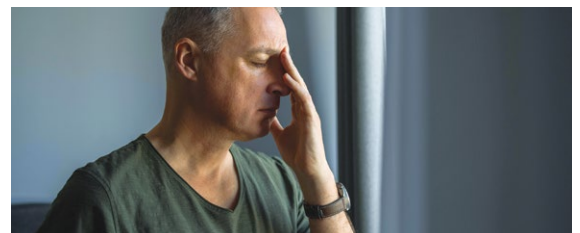
**Self-care:** OTC medicines, such as acetaminophen or nonsteroidal anti-inflammatories (NSAIDs), can help. Lifestyle changes, such as getting regular sleep, good nutrition and an exercise routine, can often prevent tension headaches from becoming chronic. See your health care provider if pain becomes severe.

**Migraine headaches** are frequently accompanied by nausea or vomiting and sensitivity to light. The pain from migraines is throbbing and can last from hours to days. The pain can occur on one side or both sides of the head and often gets worse when bending over or doing physical activity.

**Self-care:** OTC medications can alleviate pain if taken immediately as symptoms begin. Lying down in a dark room with cold compresses on your head can also help. See your health care provider if your headache doesn't go away or returns frequently.

**Cluster headaches** occur suddenly and sometimes cause the eyes to redden, tear and swell. They are often confused with migraines because the pain is sharp, throbbing and occurs on one side of the head. Cluster headaches can last from 15 minutes to three hours and occur daily for months.

**Self-care:** Unfortunately, there is no cure for cluster headaches. Having a regular sleep schedule, exercising three to five times a week and avoiding alcohol and caffeine can help you avoid them. Ask your provider about using oxygen or a prescribed medication for treatment.



# Got Kids? Get Ready for the Teen Years

**Adolescence can leave many parents feeling as though a stranger has suddenly taken up residence in their home.** Approach this time of change with patience, backbone and love. For example:

**Find ways to connect.** Participate in your teenager's interests, and be willing to learn even if you don't know or understand much about them. Focus on shared interests, such as music, comics, reading, video games or sports. This gives you a way to spend positive time together.

**Let go a little.** During these years, your children will begin to develop their own opinions, values and viewpoints. You may find that your formerly obedient child suddenly argues with you about everything and rebels against your authority.

**Allow your child to explore** different ways of thinking and expressing themselves. As long as they are not harming themselves or others, you may find relinquishing some control makes for a more peaceful relationship.

**Cultivate trust.** It is normal and natural for kids to test limits during this time, but that doesn't necessarily mean your teen is untrustworthy or bad. Let your child win your trust and avoid letting fear rule your relationship.



The **Smart Moves Toolkit**, including this issue's printable download, **At Risk: Heat-Related Illness**, is at [personalbest.com/extras/23V7tools](https://personalbest.com/extras/23V7tools).

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