

Are you letting anxiety hold back your career?

Do you ever find yourself watching your colleagues' careers going from strength to strength? Enviously wishing you could share your good ideas in meetings, or speak to an audience with confidence but anxiety gets in the way?

We all experience anxiety, butterflies, and nerves or fear from time to time. For some this feeling is a huge barrier to success, validation and recognition.

People with anxiety, shyness, lack of confidence or fear commonly cite these as difficult situations: dealing with problems; setting and meeting deadlines; fear of humiliation; fear of authority figures; fear of not being good enough or falling short; difficulty maintaining personal relationships; difficulties managing staff; inability to participate in meetings, and fear or avoidance of making presentations.

Getting stressed out at work happens to everyone, and it's perfectly normal. But stress that is persistent, irrational, and overwhelming and impairs daily functioning may indicate that this isn't going away on its own and that it's time to seek support. By protecting our physical and emotional health, we become stronger and more resilient to stress. Essentially, the better you feel, the better equipped you are to manage workplace anxiety.