



In the Loop

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Combatting Workplace Anxiety

Anxiety is common and can have a significant impact on the workplace. You might feel stressed about work-related deadlines, interpersonal relationships, problem-solving and other issues that arise during the workday.

Perhaps you experience the following symptoms:

- Feelings of dread
- Restlessness
- Trouble concentrating
- Anticipation of the worst
- Rapid breathing
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach

In addition to causing physical distress, workplace anxiety can negatively impact your performance, causing difficulty meeting deadlines, speaking in public or performing other aspects of your job

Managing Workplace Anxiety

Anxiety affects people differently. What works for your co-workers may not work for you. However, if you're looking to manage your stress in the workplace, consider the following tips:

- **Exercise regularly.** Exercise can help divert your attention away from things that trigger your anxiety. According to the American Psychological Association, regular exercise can increase concentration and willpower, which can help alleviate specific symptoms of anxiety.
- **Get a good night's sleep.** Sufficient sleep can improve your mental health. The Centers for Disease Control and Prevention recommends that adults sleep seven to nine hours every night.
- **Limit your caffeine consumption.** Caffeine is a stimulant that can increase your chances of experiencing anxiety symptoms, such as increased heart rate. People react differently to caffeine, so monitor your response and limit your consumption if it's triggering any signs of anxiety.
- **Eat well-balanced meals.** Some people experience negative emotions and mood fluctuations after certain foods, such as artificial flavorings or colorings, preservatives and sugar. Eating well-balanced meals with complex carbohydrates, fruits, vegetables and lean meats can improve physical and mental health.

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- **Practice mindfulness.** Mindfulness can help you be present in the moment. Since anxiety pertains to worrying about the future, practicing mindfulness can help train your brain to refocus those thoughts.

Reach out to your employer for more information if you experience work-related anxiety.

What You Should Know About Ozempic

Ozempic is an injectable prescription medication approved by the U.S. Food and Drug Administration (FDA) for treating Type 2 diabetes in adults. Recently, the drug has gained national attention from celebrities for its weight loss effects. However, **taking Ozempic to lose weight is considered off-label use**, which the drug's manufacturer does not promote, suggest or encourage.

Ozempic is medically approved to improve blood sugar in individuals with Type 2 diabetes. It can also help people with Type 2 diabetes and known heart disease reduce their risk for cardiovascular events, such as stroke or heart attack.

Ozempic for Weight Loss

Researchers have found that people who take Ozempic may lose modest amounts of weight while on the medication. The FDA-approved active ingredient in Ozempic, semaglutide, can impact weight in the following ways:

- It slows the rate an individual's stomach empties, prolonging feelings of fullness and satiety.
- It affects the hunger centers in the brain, reducing or curbing appetite, hunger and cravings.

The FDA approves semaglutide at higher doses for treating individuals living with obesity and other weight-related medical problems under the brand name Wegovy. However, individuals should only use Wegovy as a weight-loss tool under medical supervision and when dealing with "severe" obesity. Although Ozempic and Wegovy have the same active ingredient, they have different brand names and dosage schedules.

Consult your primary care physician if you have questions or concerns about Ozempic.

