

## APRIL: ADDRESSING ANXIETY

How to take charge

### MONTHLY WEBINAR

#### **Disrupting Negative Thoughts**

Thursday, April 16, 2015

**2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.**

Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life.

#### **BE SURE TO REGISTER IN ADVANCE**

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

### RESOURCES: CONSULTANTS AND WEBSITE

Most people experience some anxiety as a regular part of life. But daily worry, trouble sleeping, physical symptoms, and difficulties with others at work or home could mean you should seek professional advice. Your NYS-Balance program is here to help you identify your anxiety, learn strategies to control it, and find help to move beyond it.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov).

Andrew M. Cuomo, Governor,  
State of New York

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Please contact your Human Resources Office, EAP Coordinator, or Work-Life Services at [worklife@goer.ny.gov](mailto:worklife@goer.ny.gov) for the username and password to access this website or for the toll-free number to call NYS-Balance.

**life**  
less complicated