My Anxiety Triggers at Work

Any job is made up of many smaller jobs or tasks. We all have some which we find easy to complete while others we struggle to complete and may trigger anxiety. Being able to identify the tasks that trigger anxiety can be helpful not in avoiding these tasks but in being able to put in place strategies and support to reduce these triggers.

First make a list of all the different tasks no matter how small that you complete as part of your job.

Then add your tasks to the table below. You can use this list to seek support from your line manager or put actions in place yourself.

Tasks	What's involved	Feelings	Actions