



JENICA CABAGUIO

"Always remember, whenever you're experiencing anxiety, there's always a way out," Cabaguio noted.

DEALING WITH ANXIETY: THE MIND IS KEY

Anxiety has long been a part of life. In this era, though, it's no longer the older working population alone who suffers from it. Based on the 2022 survey conducted by Deloitte Global, 48% of Filipino millennials and 68% of Gen Zs who work reported anxiety all or most of the time, citing worries about mental health, finances, and family problems as primary causes.

The good news is, even though anxiety is pervasive, it is not inescapable: it can be controlled and managed.

"Anxiety does not last forever. It eventually passes," certified wellness and life coach Jenica Cabaguio said during the recent *"Thriving with Anxiety: Dealing with Life's Ups and Downs"* webinar. Jointly conducted by leading HMO company PhilCare, leading insurance company PhilLife, award-winning public relations firm Comm&Sense, and tech company Stitch Tech Solutions, the online discussion identified effective strategies and techniques for people to better manage anxiety and even function well despite it.

The webinar was one of the projects for PhilCare's Mindscapes service, an innovation in healthcare focusing on mental health that provides easy access to a team of seasoned counselors, psychologists, and psychiatrists who are ready to listen and give expert advice in a safe and secure environment to people struggling with mental health problems. Mindscapes also help companies come up with cost-effective, tech-enabled programs that can provide assistance to employees in managing their mental health.

COUNTERING THE ATTACKS



HELP IS WITHIN

REACH

Cabaguio also recommended realistic thinking as a way to cope with panic attacks. The technique involves recognizing and letting go of your tendency to go with automatic reactions to certain situations. It's about slowing down and considering all aspects of the situation – the positive, negative, and neutral – before deciding a course of action.

"For self-care or an anti-anxiety lifestyle, we have to eat well, develop a good sleeping pattern, create hobbies, and reconnect or connect with other people," Cabaguio pointed out. **"Also, regular physical exercise will burn off anxiety hormones."**

For some quick technique for managing anxiety attacks, Cabaguio suggested saying **"stop!"** to yourself out loud. This means stopping whatever you're doing, taking a step back, observing facts, and proceeding mindfully – all while breathing gently. Another technique she shared was mindfulness or paying attention in a non-judgemental way to what's happening around you to experience yourself differently.

If you are battling with anxiety or any mental health issue or know anyone who is, seek help immediately. Nobody has to go through it alone. **Mindsapces is here to offer support every step of the way.** For more information about Mindsapces's well-rounded programs, please visit <https://mindsapces.com.ph/>.