



ANXIETY AND STRESS

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Have you noticed that an increased number of people that you interact with are dealing with anxiety? We're all prone to anxiety and worry, and simply telling ourselves that we shouldn't worry about a problem we're facing won't make it go away. It may even make things worse by keeping us from doing something about it. **Cambridge Dictionary defines anxiety as "an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future."**

As a Union representative, we are sometimes confronted by people who need to get things off of their chest. They may be experiencing issues at home and at work, which may lead to them needing to open up to their representative about uncomfortable subjects. We may have family and friends who also are having anxiety concerns. And although we are not trained or licensed therapists, being able to listen with empathy is important.

Each year, the American Psychiatric Association fields polls to gauge Americans' levels of anxiety on a variety of factors. The percentage of those polled, indicating they were very or somewhat anxious about the following issues, are in the table below.

ISSUES AMERICANS ARE VERY OR SOMEWHAT ANXIOUS ABOUT	PERCENTAGE
Current events happening around the world	67%
Keeping myself or my family safe	62%
Paying my bills or expenses	61%
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My health	59%
Identity theft	57%
The impact of climate change on the planet	53%
The impact of emerging technology in everyday life	44%
The opioid epidemic	42%
Job security	40%

"There are many factors within and beyond our control that can cause significant stress," said APA CEO and Medical Director Marketa M. Wills, M.D., M.B.A. "It's important to understand that there are normal levels of anxiety around



these factors as part of being human. But if stress and anxiety are impeding your day-to-day life and making you feel unwell, please reach out for help. **Your mental health matters."**

Anxiety can also spill over into the workplace. Among employed adults polled by the APA, 40% were very or somewhat worried about job security. About 8% had recently lost a job and 26% knew someone that had recently lost a job. Two-thirds of employees were somewhat or very concerned about their financial well-being. This is reasonable due to the current climate of our country. Workers, especially Federal employees, are being fired and laid off at a high level. Their financial security and ability to care for their families have affected their mental state. Anxiety is affecting their health and mental state.

Anxiety also affects our youth. Anxiety problems, behavior disorders, and depression are the most commonly diagnosed mental disorders in children. Based on US data from 2022–2023: 11% of children ages 3–17 had current, diagnosed anxiety (9% of males and 12% of females). Don't disregard this. The number has increased to 13% in 2025. Our children need help to deal with anxiety. We want to give them positive solutions, instead of alcohol, drugs, and behavioral problems. We have to be willing to seek help, including therapy and counseling.

Let's be kind to one another. Show love and care. We all need it, whether we admit it or not. As Stevie Wonder sings, "Love's In Need of Love Today." It's as true now as it was then.