



3/15/19

I remember when my friend asked me to speak at his wedding. My anxiety struck without warning. I hadn't done public speaking in a couple of years since I took off work to raise my children.

I didn't think I had any concerns with public speaking before that day. I remember walking to the podium at the church to speak. My heart started racing and then my vision became impaired, much like tunnel vision. My chest tightened as I took shallow breaths and tried to get through the speech I'd prepared. I felt like I was gasping at each sentence. Since that day I've had to practice and prepare myself to get back to speaking in public. I've had to actively embrace the challenge of conquering this fear and keep showing up to overcome it.

Today, I really saw my progress when I stood in front of more than two hundred people and was able to present and speak and enjoy the experience. The good news is that even though anxiety can feel overwhelming, it can be overcome!

Start confronting your challenges today. Call us 24/7 for support.

The EAP is administered by Resources For Living, LLC.

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