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# Using tools and strategies to cope

## Your Employee Assistance Program (EAP) can help you focus on your well-being

If you have anxiety in your daily life, positive thoughts may help you manage it. This is called reframing, and it involves taking negative thoughts and replacing them with more hopeful and upbeat ideas. You may also want to talk to someone if you need help turning negative thoughts into positive ones. Your EAP experts are here to guide you toward making a positive change.

Log on to [anthemEAP.com](https://www.anthemEAP.com) this month to read our feature articles.



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