

The Continuum Edge

RESOURCES FOR EVERYONE

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EXERCISE PROGRAMS: THE HARDEST PART IS STARTING

Getting motivated for a daily walk can feel impossible at first, but once you complete the first day, the second usually feels a little easier. However, taking that first step each day is often the biggest hurdle. Here's how to get started and overcome the desire to skip it.

RECOGNIZE THE WIN IN GETTING STARTED. Finishing the walk is a victory, but so is simply beginning. Honor that.

NOTICE THE POSITIVES ALONG THE WAY. Pay attention to your surroundings, the rhythm of your movement, and the mental space to process thoughts or problems. Walking can become both a physical and mental reset.

USE WALKING TO FILL TRANSITION TIME. A short walk before a scheduled commitment can turn otherwise idle time into something productive, creating a sense of accomplishment that carries into the rest of your day.

The temptation to slack off often appears early, when the mind views the task as necessary but not immediately rewarding. By reframing walking as enjoyable and useful, each step becomes a small success. Over time, those small successes multiply, making consistency easier and transforming walking from a challenge into a rewarding, sustainable habit.

STRESS TIP: FIND THE NEXT STEP

Stress often spikes when the brain tries to solve an entire problem at once. Anxiety surges as you worry where to begin, how you'll be judged, or about potential job repercussions.

Reduce stress by focusing only on the very next step. That may not involve writing — it could be deciding to sit in a quiet library tomorrow at 9 a.m. to begin. Isolating the next step of any complex problem gives the mind clarity and direction, often causing stress to drop. Once you have a starting point, ideas surface naturally and momentum builds, making the problem easier to solve.

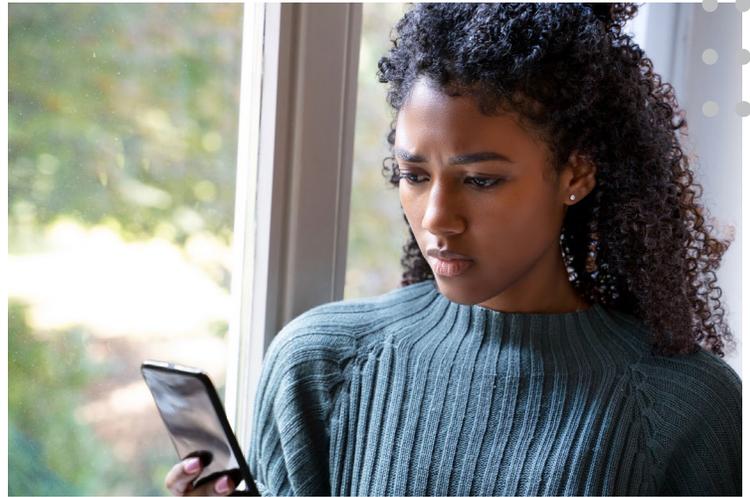


Next time you feel overwhelmed, take a breath, name your next step and act.

WHEN EVERYTHING FEELS UNCERTAIN

It's normal to feel on edge working in almost any industry these days. Why? Ongoing economic uncertainty, fear of layoffs, artificial intelligence-driven change, and heavy workloads are major stressors, with up to 54% of workers citing job insecurity as a key source of anxiety. There is no magic fix, but proven coping strategies can reduce anxiety, burnout and harm to well-being. The following strategies build on each other. Test them and see if they make a positive difference.

- 1) **Recognize what you're feeling and verbalize it.** Say, "I'm feeling anxious about...." This breaks avoidance and denial patterns, lowering emotional intensity and facilitating calmer thinking.
- 2) **Act on what you can control.** You can't predict the future, but you can start a \$20-a-week emergency fund, update a résumé, or learn a new skill. Small actions restore a sense of control.
- 3) **Do the basics:** sleep, exercise, get good nutrition and hydration, and use stress-management skills.
- 4) **Lighten the emotional load by talking** with people who offer empathic listening, not just



advice. Healing comes from being heard. Continuum EAP's professionals are available to offer you support.

- 5) **If worry overwhelms you, write your concerns down, even at night.** This offloading through expressive writing calms the mind and limits catastrophizing.
- 6) **Be proactive to avoid feeling helpless.** Counter it by updating skills, networking, researching and building connections.

Mental health statistics for 2026: [growththerapy.com/blog/workplace-mental-health-statistics/](https://www.growththerapy.com/blog/workplace-mental-health-statistics/)

MAKE YOUR DISTRACTIBILITY A VALUABLE TRAIT

Being easily distracted is rarely seen as a workplace strength. However, there can be an upside when distractions consistently lead to creative ideas, new opportunities or breakthroughs. This pattern is known as productive distractibility.



Jot down any sudden insights as your mind wanders so you can return to essential work and revisit ideas later.



Schedule time to step away. Your mind often continues solving problems and generating ideas even when you're away from your desk.



Create a "captured insights" folder and review ideas periodically to identify those that are worth developing.