



# Understanding Anxiety in the Catering Industry and Recognizing the Triggers

---

**Charessa Sawyer, LMSW, CEP**  
**Event Therapy Network**

@eventtherapynetwork





***Charessa Sawyer, LMSW, CEP***

Your Event Therapist

---

SC VISIONARY PLANNING & PRODUCTION SERVICES  
@SCVISIONARYSERVICES

EVENT THERAPY NETWORK/EVENT THERAPY MAGAZINE  
@EVENTTHERAPYNETWORK



# What is Anxiety?

---

Intense, excessive, and persistent worry and fear about everyday situations.

Can cause fast heart rate, rapid breathing, sweating, and feeling tired may occur.

# The Impact of Anxiety on Caterers/Event Professionals

Stress and anxiety are a part of life and can be good for us to some extent.

## How can Stress be Positive?

The right stress can encourage you and motivate you to grow. Stress produces a physiological reaction that releases hormones.

## Long Term Impact of Negative Anxiety

Lead to physical health concerns. Stress is the body's way of reacting to a challenge.

# What does Untreated Anxiety look like for Caterers/Event Professionals?

---

Lead	Anxiety can lead to Substance abuse concerns, unprofessional at work, inability to build relationships with others, loss of passion for job.
Lead	Anxiety can lead to self treatment or medication due to denial of mental health concerns
Lead	Anxiety can lead to relationships problems in the home

# How to Recognize Anxiety

Feeling nervous,  
restless or tense.

Having a sense of  
impending danger,  
panic or doom.

Having an increased  
heart rate.

Breathing rapidly  
(hyperventilation)

Sweating.

Trembling.

Feeling weak or tired.

Trouble concentrating  
or thinking about  
anything other than  
the present worry.

# What May Cause Anxiety for Professionals? Triggers

**Environmental Factors**  
– External situations that lead to worry, nervousness,

**Personal Factors-**  
Internal struggles that are deeply rooted and impact daily activities

**Relational Factors-**  
Relationships with team members, vendors, clients and community members


**Familial Factors-**  
Situations within your family that causes stress

# How do I Identify Triggers of Anxiety?

You are your biggest magnifying glass



Pay attention to how you feel in situations that make you happy, sad, fearful, upset



Ask yourself: What are my behaviors when I feel these emotions?



# What Therapeutic Modality is used to Manage Anxiety?

---

**Cognitive- Behavioral Therapy** is a technique used to best manage extreme stress, panic and anxiety.

Teaches strategies to combat anxiety provoking thoughts

# Strategies to Reduce Stress & Anxiety

---

- Create routines that best fit your personality
- Positive Self-Talk (“I” Statements)
- Reframing
- Limit exposure to negativity



Develop healthy eating plan



Exercise regularly



Practice Relaxation Techniques



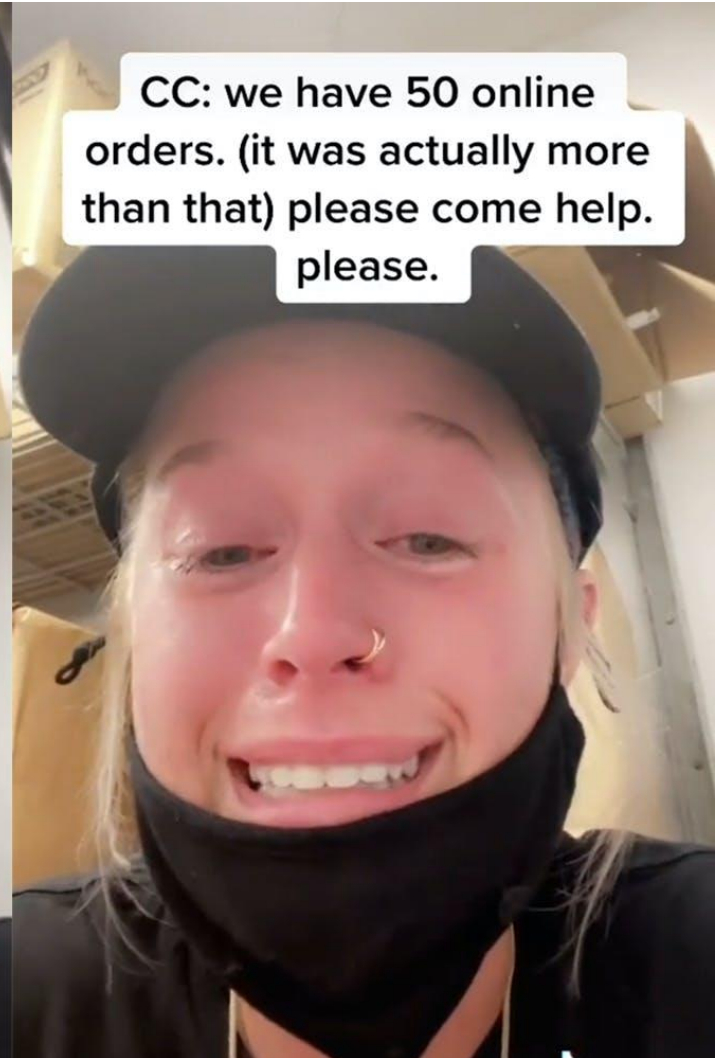
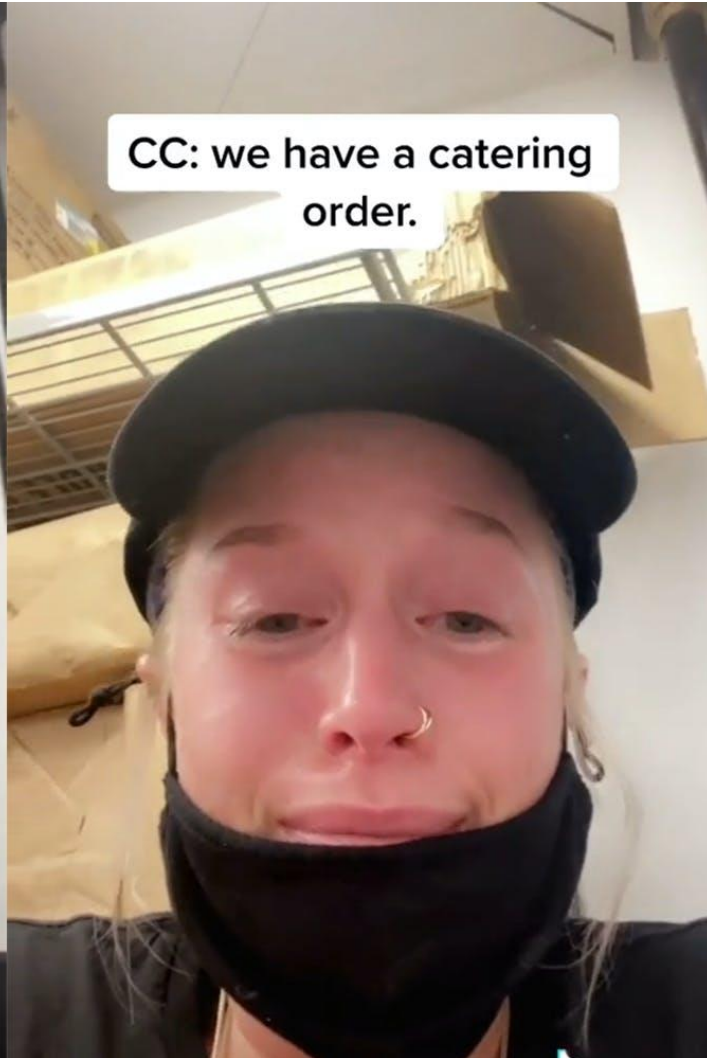
Identify and Reduce triggers of stress



Examine your values and live by them



Set realistic goals and expectations





# Panic Attacks: What Do They Look Like?

**Panic Attacks** are sudden physical changes in your body that causes extreme changes in your emotional and physical state causing extreme fear of dying or loss of control. Onset by unmanaged anxiety

Panic Attacks can look different for each person and can last for a few minutes

## Signs of a Panic Attack:

- Increase in heartbeat
- Sweaty palms/ clammy hands
- Difficulty breathing
- Crying due to fear of heart attack
- May lead to Panic Disorder or anxiety disorder (diagnosed by mental health professional)



# Panic Attacks: What Do They Look Like?

**Panic Attacks** are sudden physical changes in your body that causes extreme changes in your emotional and physical state causing extreme fear of dying or loss of control.

## **After Panic Attack:**

- Headaches
- Muscle tension
- Fear or nervousness
- Weak Immune System

## **Steps to regulating your body after an attack**

- Focus on Breathing Exercises (Meditation)
- Positive Self-Talk (Confidence building exercises)
- Talk to a Natural Support or Therapist

# Regulating Your Body After A Panic Attack

---

## Deep Breathing Exercises

Anxiety can cause an increase in breathing causes additional mental and physical Stress. Take slow, deep breaths to soothe your mind and your body.

## Stop and Reevaluate your thoughts and feelings.

Positive Self Talk is key to redirecting your thoughts. You may turn to paper and pen (Journal writing), Use of Affirmations and I statements to reframe your words to better calm yourself.

## ReFraming

Redirect negative thoughts from your mind and think about positive moments. This is a great time to practice gratitude. What did you do to successfully manage anxiety in the past?

## Stand up for yourself.

No is powerful. Walking away is even more powerful. Speaking up for yourself tops the charts! Ask for help when necessary and put your mental health first at all

## Relax your muscles.

Impactful stretching techniques as advised by a physical trainer will help loosen tense muscles in your shoulders, neck and face. Smiling is a great facial exercise.

# Strategies to Reduce Stress & Anxiety

---

Be open and honest with your clients and colleagues



Say No when No is the best answer for you and your team



All money isn't good money!!



Vet all of your clients, team members



Be Honest with yourself

# Got Natural Supports?

---

Natural Supports play an important role in helping one to better manage emotions.

## Action Items by Natural Supports

1. Practice calming strategies with you

2. Understands when person needs space for themselves and how long to give them that space.

3. Provides encouragement and motivation





# How to Be A Part of Event Therapy Network?

1. Join our Newsletter list

Visit Website: [www.eventtherapynetwork.com](http://www.eventtherapynetwork.com) and subscribe

2. Become an Advertiser in our Magazine

[www.eventtherapynetwork.com](http://www.eventtherapynetwork.com)

Today only promo: 22% off all Advertisements \$250 and up!

Promo Code: ICA22

2. Grab a copy of our magazine

[www.eventtherapynetwork.com](http://www.eventtherapynetwork.com).



**Charessa Sawyer, LMSW, CEP**  
SC Visionary Planning & Production Services  
Event Therapy Network  
[hello@eventtherapynetwork.com](mailto:hello@eventtherapynetwork.com)

**Social Media**

**@eventtherapynetwork**  
**@eventtherapymagazine**

---

CONTACT INFORMATION