

It comes as no surprise that people facing job insecurity are much more likely to experience anxiety. Job insecurity is stressful and can lead to other factors (like financial difficulty and loss of self-esteem), adding to this stress. The link between stress and anxiety has been well-documented. Although some levels of stress are normal and can even be healthy, being under chronic high stress can contribute to anxiety. The relationship between anxiety and job insecurity can become a Catch-22 as well. When you live with anxiety, you may be more likely to perceive job insecurity even if your job is very secure. When you feel insecure in your career, you may be more likely to overwork yourself, which can lead to higher stress and anxiety.