



## MANAGING ANXIETY

THE MANAGING ANXIETY COURSE IS SUPPORT IN A GROUP SETTING FOCUSING ON HELPING PEOPLE BETTER MANAGE THEIR ANXIETY INDEPENDENTLY. THE COURSE RUNS FOR 7 WEEKS AND THE SESSIONS WILL LAST TWO HOURS ON A SPECIFIC DAY, WEEKLY.

THE GROUP IS FACILITATED BY TWO RECOVERY WORKERS WHERE INDIVIDUALS ATTENDING THE COURSE WILL BE ALLOCATED A RECOVERY WORKER FOR ELEMENTS OF 1:1 SUPPORT. THIS COURSE IS A GREAT WAY TO BUILD SUPPORT NETWORKS WHILST LEARNING HOW TO BETTER MANAGE YOUR ANXIETY!





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## SCHEDULE:

SESSION 1: ANXIETY PSYCHOEDUCATION

SESSION 2: ANALYSING THOUGHTS

SESSION 3: CHALLENGING THOUGHTS

SESSION 4: MINDFULNESS AND GROUNDING

SESSION 5: RELAXATION AND TENSION SCALING

SESSION 6: MANAGING WORRY

SESSION 7: REFLECTION SESSION

TO ENROL DOWNLOAD A REFERRAL FORM AND SEND  
IT IN OR GIVE US A CALL ON 0800 0234 575

