

We understand coming to a group can be incredibly difficult. However, from our experience and research people can learn a lot more from being alongside others who have had similar experiences.

What will the Course look like?

Each meeting will last for 2 hours and there will be a break. It will last for 6 weeks. People that come to all the meetings get the most from the course.

What happens next?

If you need further help after this course there are other groups you can attend, and possibly therapy on a one to one basis. This will be discussed with you on an individual basis, or will have been agreed with you at your assessment appointment.

Anxiety Management Course - 6 weeks

Anxiety can have a huge impact on our lives and can stop us doing the things we enjoy and need to do. However, through this course you can start to learn to overcome stress, anxiety & worry and regain control of your life.

We cover the following topics

- How anxiety affects the body
- Anxious thoughts, feelings & behaviour
- How early experiences shape CORE beliefs
- Thinking styles
- How to challenge negative thoughts
- Confidence & self-esteem
- Mindfulness
- Moving on and recovery (it is possible!)

Self-help Resources:

<https://www.getselfhelp.co.uk/anxiety.htm>

The first step is: understanding how anxiety can affect the body and that it is not dangerous.

We then teach you how anxious thoughts relate to feelings and how these drive behaviour (what you do). **This is based on the principles of Cognitive Behaviour Therapy.**

People who get the most from these courses are:

- People who come with an open mind and are willing to try new things
- People who read through the information given
- People who practice the skills taught on the course in between the meetings and after the course