

Workshop

Anxiety Management

Anxiety

This potentially helpful emotion can also interfere with functioning and disrupt daily life. Common symptoms include irritability, difficulty thinking clearly, dizziness, sweating, nausea, trembling, difficulty breathing, feeling that something bad is about to happen, such as losing control, going crazy, or feeling that one will die. However, anxiety doesn't have to be a lifelong condition. This workshop is intended to aid in the understanding and management of anxiety.

Participants will have the opportunity to:

- Learn what anxiety is; and what causes anxiety
- Identify the physiological and psychological basis of anxiety
- Recognise the symptoms of anxiety and panic attacks
- Learn practical strategies to manage anxiety such as hyperventilation control, mental and physical relaxation, distraction techniques, exposure etc
- Learn alternatives for when these management techniques may not be sufficient including information about identifying and resolving some of the underlying causes of anxiety.
- Time for Questions*



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YEARS OF CLINICAL EXPERIENCE
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TWO HOUR WORKSHOPS ON
MANAGING ANXIETY IN ADULTS
AND CHILDREN. THE SESSIONS
WILL PROVIDE A WEALTH OF
VALUABLE INFORMATION THAT
CAN FACILITATE RECOVERY AND
WELLBEING.**

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