

4x2 hour sessions to help you to manage stress & anxiety

Stress can be defined as “a state of mental or emotional strain or tension resulting from adverse or demanding circumstances”.

ChangesTM stress & anxiety

It's normal to feel anxious when dealing with a challenging situation, such as a job interview or a tough exam. But **if your worries seem overwhelming & interfere with your daily life, you may be experiencing an anxiety disorder.** When anxiety becomes constant or overpowering, or when it interferes with your relationships and normal activities, it stops being useful for us.

Anxiety can be defined as “a feeling of worry, nervousness, or unease about something with an uncertain outcome”.

“Once you understand your anxiety, there are steps you can take to reduce your symptoms and regain control of your life”

option
0300 123 0907 **2**



“If you are experiencing emotional distress, it is not a sign of weakness”

The key areas this programme focuses on are:

- What is emotional distress?
- Personal wellness tools.
- Negative and realistic patterns of thinking.
- Self-image and self-esteem.
- Emotional literacy and intelligence.
- Wellness Action Plan (WAP) goals and how they can keep you motivated.
- Relaxation and breathing exercises.

This programme will help you to:

- Recognise and use your wellness tools effectively.
- Challenge and change your negative thoughts.
- Think in a more optimistic and useful way.
- Recognise that feelings aren't always facts.
- Complete a Wellness Action Plan (WAP).
- Improve your self-esteem.
- Discover new ways to deal with stress or anxiety.

Learning how to think about things in a more realistic way alone is sometimes enough for people experiencing stress or anxiety to recover to a manageable degree. On this programme you will be with others who are experiencing similar anxieties to you, so you can learn from each other's experiences and encourage each other to deal with mutual problems more effectively.



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