

# Anxiety Management

## Aims of the course

Help participants gain a greater understanding of the causes and effects of anxiety and to provide an opportunity to learn effective relaxation and other coping techniques.

### Aims of session one:

- Understand what anxiety is
- Identify some causes of anxiety
- Understand the importance of learning about anxiety
- Recognise why understanding anxiety is important
- What happens to a person's body when anxious
- Why anxiety occurs
- Learn and practice a breathing method to relax

### Aims of session two:

- The difference between rational and irrational thoughts
- Types of irrational thoughts
- The effects of irrational thoughts
- Challenging irrational thoughts
- What happens if irrational thoughts are not challenged

### Aims of session three:

- Anxiety provoking situations
- The importance of goal setting
- The importance of planning
- How to combine goal setting and planning to reduce anxiety
- Relaxation and visualisation to reduce anxiety

### Aims of session four:

- How anxiety affects communication
- Different ways of communicating
- How anxiety affects communication
- Use of listening skills
- How to enter into conversations
- The full body relaxation method

### **Aims of session five:**

- Different types of behaviour
- How behaviour is influenced by thinking
- That everyone has rights
- Some strategies for being assertive
- Tips for being assertive

### **Aims of session six:**

- Understand the vital role of sleep
- Understand the different types of sleep state
- Recognise some causes of sleep prevention
- Realise that the lack of sleep causes problems
- Become more aware of sleep hygiene
- Practice a relaxation method to aid sleep

### **Aims of session seven:**

- Problem Solving

### **Aims of session eight:**

- Review the course content
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