

# Wellbeing: Managing Anxiety

## Course overview

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This gentle workshop will help you to gain an understanding of anxiety and its causes. You will learn and share what anxiety feels like and the symptoms that may be experienced. Learners will gain an understanding of ways in which anxiety can be managed and how the roles and needs of family and friends play an important part in managing anxiety.

## What will I study?

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You will:

- explore what is meant by a 'panic attack'
- look at possible causes of anxiety
- discuss how anxiety affects the individual, their friends and family
- work through the cycle of 'negative thinking'
- develop ideas on how to manage anxiety

## Assessment method

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You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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This course is open to all. You will need a good understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7005CPT	Friday 27 November 2020	9.30am to 12.30pm	Dagenham	£0.00	£0.00

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722