

Wellbeing: Managing Anxiety

Course overview

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?

You will:

- Explore what is meant by '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

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

Entry requirements

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

What should I bring with me?

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

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

