

# Wellbeing: Living With Anxiety

## Course overview

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Anxiety is challenging to live with both for the person with anxiety and those around them. This gentle workshop will help you to gain an understanding of anxiety, what anxiety feels like and the symptoms that may be experienced. Understanding ways in which anxiety can be managed can be the key to reducing the negative impact it has on everyone. Family and friends play an important part in managing anxiety and this course will provide information on ways in which you can help.

## What will I study?

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You will:

- Look at possible causes of anxiety
- Discuss how anxiety affects the individual, their friends and family
- Discuss the cycle of 'negative thinking' and how personal actions and support from family and friends can help
- 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 solid 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 notepad & pen or tablet.

## Key information

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## Possible next steps

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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

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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