

## New sessions for students dealing with anxiety and worry

'Student Services have invited the Brighton and Hove Wellbeing Service to facilitate part of their psycho- educational programme at the university, by offer support to those who are experiencing issues with anxiety and worry. 'Understanding Anxiety and Dealing with Worry' is a two part course using CBT (Cognitive Behaviour Therapy) techniques to assist in the management of such feelings. This short programme requires the commitment to attend both sessions.'

Ideal for:

The course is designed to help those students who are experiencing anxiety and would benefit from gaining a better understanding and learning more about anxiety and worry and ways of managing these symptoms.

Open to students that reside in Brighton.

Date and location:

Part one – Thursday 14<sup>th</sup> and Part two - 21<sup>st</sup> May 2015

Twilight sessions 4-6pm

Checkland Building E513

Falmer

Booking information: Booking requires attending both parts.

Booking is essential and can be done online at: <http://bit.ly/tackle-anxiety>



## UNDERSTANDING ANXIETY & DEALING WITH WORRY COURSE

This is a two session course, delivered for two weeks in a row. Sessions usually last around two hours, with a 15 minute break in the middle.

The course is designed to help you to understand more about anxiety and worry and ways of managing these symptoms.

We'll be using a cognitive-behavioural therapy (CBT) approach to help you to understand worry and anxiety.

### **Session 1: Understanding Worry and anxiety**

The focus of session one is to help you to:

- Understand what anxiety and a panic attack is
- Understand worry and its link with anxiety
- Identify the triggers that make you feel worried and anxious
- Think about the impact of worrying
- Categorise your worries as to whether they are hypothetical or practical
- Develop problem solving strategies

### **Session 2: Letting go of worries**

The focus of session two is to help you to:

- Learn ways to distract yourself from or let go of worries
- To understand how finding it hard to tolerate uncertainty affects worry and how you can start to challenge it
- Learn relaxation techniques
- Plan how you are going to continue using the techniques learned
- Work out your warning signs and how to prevent relapses