

THERAPY GROUP

Are you ready to take control of your anxiety and improve your quality of life?



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OVERCOMING ANXIETY AND WORRY GROUP



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OVERCOMING ANXIETY AND WORRY GROUP

Do you find yourself worrying excessively about things? Are you exhausted by the amount of time you spend worrying and overthinking? Making a mountain out of a molehill? Are you avoiding and putting off things that cause anxiety and stress?

If any of these apply to you, then this group therapy might be able to help. The group sessions are designed to work through a structured programme of therapy techniques designed to decrease levels of worrying and anxiety.

What to expect in the sessions

The sessions will be an informal mix of educational presentations, group discussions and practicing therapy tasks. Over the course of 12 sessions, you'll be led by a friendly expert in therapy for anxieties, and learn ways to challenge the habits that cause us to worry too much.

Who will benefit

If you have difficulties dismissing worry, or find that it takes a lot of your time, the group is likely to benefit you.

Speak to one of our practitioners to learn more about the group, and whether or not we think it could help.

Session content

The main focus of the group sessions is to learn to 'go with' the uncertainties of life, without it causing a spiral of worry. To do this, you'll learn about helpful approaches to uncertainties, you'll be given ways to figure out when worry is useful (and what to do when it's not useful) and ways to break down stressful situations to make them more manageable.

Benefits of group therapy

- Share experiences and gain support from others who understand what you're going through
- Learn practical skills that you can apply in your daily life to manage worry, stress and anxiety
- Working in a group can boost your motivation and commitment to making positive changes
- Regular sessions and homework assignments help keep you on track
- Engaging in meaningful activities and achieving goals can lead to significant improvements in anxiety levels and overall well-being