

SELF-MANAGEMENT COURSE



Are anxiety and panic attacks impacting your daily life?



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OVERCOMING PANIC ATTACKS AND ANXIETY COURSE



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OVERCOMING PANIC ATTACKS AND ANXIETY COURSE

Our Overcoming Panic Attacks and Anxiety course is tailored for individuals seeking to understand and manage the physical, emotional, and behavioural aspects of panic attacks.

You'll learn practical techniques to reduce the frequency and intensity of panic attacks, enhancing your overall well-being. The supportive group setting, allows you to share experiences and learn from others facing similar challenges, if you wish.

The course incorporates principles of Cognitive Behavioural Therapy (CBT), an evidence-based approach to enhancing mental health by altering thought patterns, emotions, and behaviours. It is particularly suited for individuals experiencing mild to moderate symptoms of anxiety, depression, or stress.

What to expect in the sessions

The course is led by a Psychological Wellbeing Practitioner, who will help you develop coping strategies for your symptoms. While there is no pressure to share personal experiences, some interaction is encouraged.

- 6 weekly 90-minute sessions
- A relaxed, informal atmosphere
- A resource pack for use during and after the course
- Success depends on practicing the skills learned between sessions

The focus is on understanding and managing current challenges, rather than delving into past events. Participants will learn practical tools to enhance their well-being both now and in the future.

Session breakdown

1. An Introduction to Panic
2. Identifying Catastrophic Thoughts
3. Challenging Catastrophic Thoughts
4. Identifying Avoidance and Safety Behaviours
5. Overcoming Avoidance and Safety Behaviours
6. Bringing it all together and planning for the future

Feedback from a client:



"The course helped me understand what was happening inside my head and gave me ways to help myself. I am really happy that I reached out for help"