

SELF-MANAGEMENT COURSE



Are worries about
your health
affecting your daily
life?

OVERCOMING HEALTH ANXIETY COURSE



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inspired by possibility





OVERCOMING HEALTH ANXIETY COURSE

Our Overcoming Health Anxiety course is designed for individuals who struggle with a persistent fear of developing a serious illness and who experience persistent health-related worries.

The course will aim to break the cycle of worrisome thoughts and behaviours, helping individuals manage health anxiety and improve their quality of life.

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

Feedback from a client:



"The course provided me with useful techniques which I'm hoping to keep practicing in the future to help prevent my symptoms returning"

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.

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 Health Anxiety
2. Challenging Unhelpful Thoughts and Adopting Balanced Perspectives
3. Understanding and Managing Health Worries
4. Reducing Anxiety by Confronting Fears
5. Boosting Activity and Reducing Worry
6. Bringing it all together and planning for the future