

Wellbeing: Managing Anxiety At Work And At Home

Course overview

Anxiety is challenging to live with both for the person with anxiety and those around them. Understanding ways in which anxiety can be managed can be the key to reducing the negative impact it has. Understanding how our anxiety is triggered can play an important part in managing anxiety and this course will provide information on ways in which you can help yourself and enable others to help you. This is a very gentle workshop with a solution focused attitude.

This course can also be useful for those living and/or working with people with anxiety to help them gain a greater understanding.

What will I study?

You will:

- Look at possible causes/ triggers 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
- Explore how to ask for specific support / help with situations which can lead to anxiety

Assessment method

You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all, you do not need to have anxiety yourself. You will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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