

# NEW: 10 WEEK ANXIETY COURSE ONLINE FOR ADOPTERS

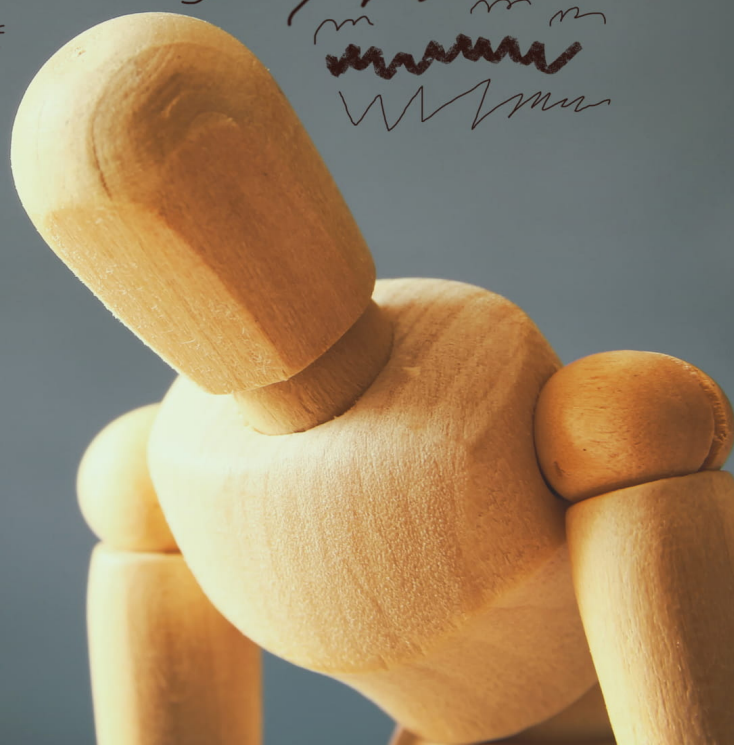
LAURA MORRISSEY



## ANXIETY WORKBOOK

BY LAURA MORRISSEY

THE HUMMINGBIRD CENTRE



## **CONTENT**

**THE ANXIETY MODEL IS BASED ON THE FACT THAT IF WE ARE TO FEEL CONNECTED AND CALM, WE NEED 8 ELEMENTS OF OUR LIVES TO BE IN BALANCE.**

**WEEK 1: ALL ABOUT ANXIETY- WHY DO WE FEEL ANXIOUS? INTRODUCING THE ANXIETY COMPASS.**

**WEEK 2: HOME LIFE IS EXPLORED WITHIN THE CONTEXT OF ANXIETY.**

**WEEK 3: WORK LIFE &/OR EDUCATION IS EXPLORED WITHIN THE CONTEXT OF ANXIETY.**

**WEEK 4: EXERCISE IS EXPLORED WITHIN THE CONTEXT OF ANXIETY**

**WEEK 5: DIET IS EXPLORED WITHIN THE CONTEXT OF ANXIETY**

**WEEK 6: SLEEP**

**WEEK 7: DIGITAL LIFE**

**WEEK 8: CREATIVITY**

**WEEK 9: SOCIALISATION**

**WEEK 10: SUMMARY & WHAT TO TAKE FORWARD.**