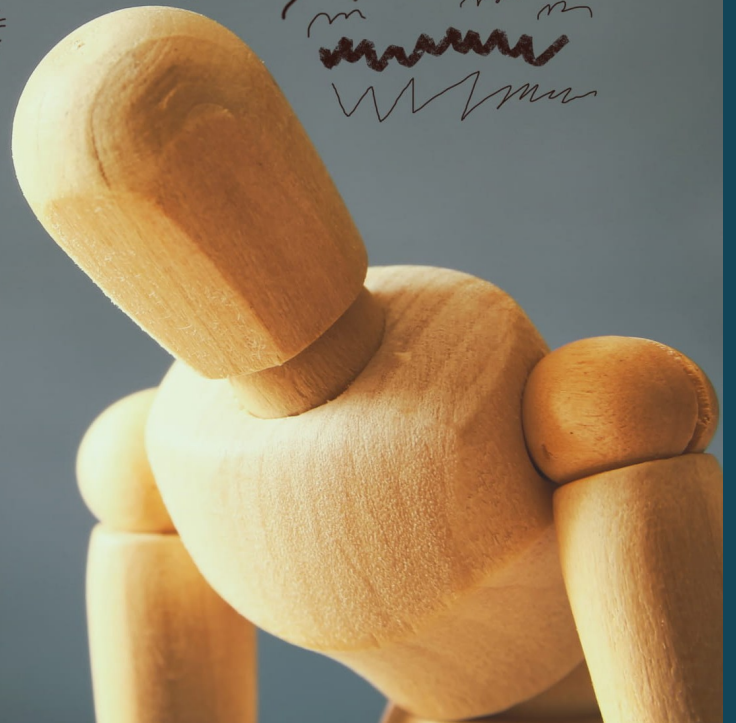




NEW: ONLINE 10 WEEK ANXIETY COURSE

LAURA MORRISSEY



ANXIETY WORKBOOK

BY LAURA MORRISSEY

THE HUMMINGBIRD CENTRE

Life Can be Stressful!

Life is full of unknowns. Stress is a part of life but how we deal with it can have a large impact on our health, relationships & wellbeing. You may have tried all of the self help books, this is different because it informs you of what is happening to your body & then give therapeutically ways to combat it.

Life stressors can be:

1. Relationships
2. Marriage
3. Divorce
4. Children
5. Change
6. Decision making
7. Fear...
8. Social occasions
9. Life...

This course will give you strategise for coping with your stress in a practical, accessible way.

It will make a difference.

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

Costs

Bronze £69:

Online Course for 10 weeks with video support, powerpoint tips & worksheets

Silver £89:

Online Course for 10 weeks with video support, powerpoint tips & worksheets

Plus : Weekly email tips throughout the course £180

Gold £119:

Online Course for 10 weeks with video support, powerpoint tips & worksheets

Plus : Weekly email tips throughout the course

Plus: 1 hr coaching after week 1 & 1 hour coaching at week 10.