



# NEW: ONLINE 10 WEEK ANXIETY COURSE FOR PROFESSIONALS TO SHARE

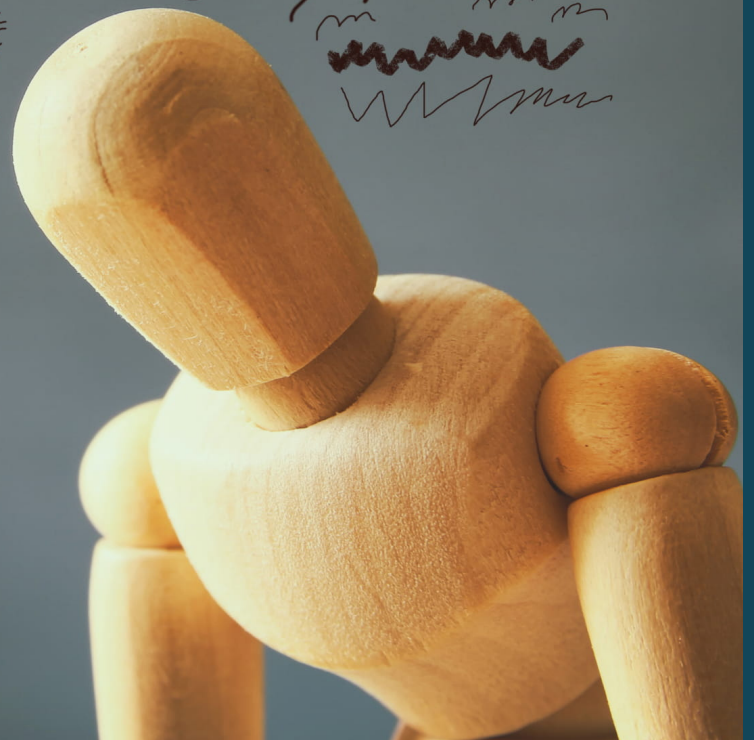
LAURA MORRISSEY



## ANXIETY WORKBOOK

BY LAURA MORRISSEY

THE HUMMINGBIRD CENTRE



# School life Can be Stressful

Young people are going through change all of the time. They have many things to cope with & these all impact on their school work, attendance & ability to reach their full potential. Teachers & pastoral staff are not trained counsellors but this course will give you a structure that works.

Some of the issues faced can be:

1. Peer pressure
2. Fear of not fitting in
3. Exam stress
4. Family issues..relationships..
5. Future goals & choices
6. Body awareness issues
7. Self Esteem
8. Sexuality
9. Bullying

This course will give you a *key tool* that will allow you to help young people to manage their anxiety.

# 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

# Cost

## **Online Course £119:**

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

CPD available bespoke to your issues presented by your students!