

Course Title	<i>Navigating Day-To-Day Anxieties</i>
Overview	Anxiety is a term used in everyday discourse, which has acquired a sense of the abnormal. In fact, anxiety is part of the human experience which everyone encounters to some extent. Normalising this is essential. By guiding participants through a range of strategies and approaches which can help to alleviate anxiety, while also clarifying when anxiety becomes a serious issue, this course helps participant to find an equilibrium where the existence of anxiety can be both accepted and positively managed.
Audience	Suitable for all levels where anxiety is a concern, however not intended for people with diagnosed anxiety disorders who are likely to require more specialist support.
Capacity	Approximately 12 - 16
Duration	Half-day session
Mode of delivery	Face to face
Learning Outcomes	Delegates will be able to: <ul style="list-style-type: none"> • Recognise that normal day-to-day anxieties are part of the human condition and identify when anxieties may require more specialist support • Identify from a menu of options, tools and techniques which may support them to regain perspective and a sense of control over the issues causing anxiety • Assess the merits of pessimism, optimism and realism when considering their anxieties • Construct an initial plan of action to transfer their learning and new-found knowledge to their daily life
Additional Information	Course content and focus can be tailored to individual needs and duration preferred.
Category	Wellbeing