

How will I know if the class is right for me?

You will be invited for a one-to-one chat and more details will be provided about the class and the sessions. After this it will be clearer if the class is right for you. Each class will have a maximum of 8 participants.

Who will be leading the classes?

Classes will be run by Emma and Mark, who are both qualified counsellors and experienced in anxiety management training.

Will I be safe?

The class will be carefully supervised and all participants will be required to agree to a safety, boundaries and confidentiality policy.

How much does it cost?

A small charge will be made for materials. More details will be available when you apply.

How do I apply?

Application is easy. Classes will be run throughout the year and you can contact us by calling or e-mailing:

Emma Temple & Mark Smith
Telephone 01298 72283 or 0752 837 1961
info@grapevineproject.org
www.grapevineproject.org

Anxious?



Anxiety Management Classes

Anxiety is a natural emotion and is experienced by everyone. For some people, however, anxiety can take over and rule their lives. If you feel that you would like to be able to manage your anxiety, perhaps an Anxiety Management class might be of help to you.

Anxiety is something we all experience from time to time. Most people can relate to feeling tense, uncertain and, perhaps, fearful at the thought of sitting an exam, going into hospital, attending an interview or starting a new job. You may worry about feeling uncomfortable, appearing foolish or how successful you will be. In turn, these worries can affect your sleep, appetite and ability to concentrate.

When does anxiety become a problem?

Anxiety becomes a problem when it is felt too intensely or is felt too frequently. When anxiety is a problem, it can lead to unbearable isolation and can have a negative effect on all aspects of your life.

What can you do to manage your anxiety?

Anxiety management begins with acknowledging the problem. Next, understanding what anxiety is and what it isn't can help with dealing with it. Recognition of what triggers anxiety is a key part of the process. The class will give you some tools which you can use in daily life to help you manage your anxiety. These tools include:

- ❖ Relaxation techniques
- ❖ Ways of changing the way you think
- ❖ Ways of changing the way you act

What is on offer?

The Anxiety Management classes consist of eight 2 hour sessions and include:

- ❖ Understanding anxiety
- ❖ Thought and belief techniques for anxiety management
- ❖ Confidence building techniques
- ❖ Stress management and relaxation training
- ❖ Problem solving skills

