

MENTAL HEALTH AWARENESS FREE 1 DAY WORKSHOP COPING WITH ANXIETY DURING COVID-19



CREATING
SUSTAINABLE
COMMUNITIES

ZEST FOR LIFE TRAINING

ABOUT

This 1 day workshop is suitable for members of the public or members of community groups and associations struggling with the daily challenge of anxiety.

AIMS

Participants will be able to recognise symptoms, and causes of anxiety, and learn helpful strategies to manage their anxiety

OBJECTIVES

At the end of this workshop attendees will be able to:

- Recognise anxiety and its causes.
- Identify the physical symptoms of anxiety
- Challenge unhelpful thinking patterns
- Understand anxious behaviours.
- Implement helpful tools to manage anxiety.
- Understand the impact of the COVID-19 Pandemic on anxiety levels in our community.



ENROLLING NOW ONLINE

VISIT: [HTTPS://WWW.CSC-NI.COM/MENTAL-HEALTH-TRAINING](https://www.csc-ni.com/mental-health-training)

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