

## Dealing with Worry

### Pre-recorded Course Information

Everyone experiences worry and anxiety from time to time. This can be triggered by work, ill-health, problems within the family or other challenging life events. Worry can build up and can also lead us to think about all the worst case scenarios and lead us to believe that we can't cope.

#### About this course

The 'Dealing with Worry' course aims to help you to understand more about the impact of worry, (emotionally and physically) and how our thoughts and behaviours can keep our anxiety going. It is then designed to help you to better understand the difficult emotions you might be experiencing and learn clinically proven Cognitive Behavioural Therapy (CBT) techniques, to take back control and manage them.

#### How is the course organised and what will I learn?

'Dealing with Worry' is a three session online course, with new material provided each week. Each session will be available via a video link looking at different tools and techniques to help you take back control of your worries. The videos are accompanied by a booklet, which contains interactive exercises that work alongside the content of the sessions. Watching and interacting with each of the sessions will provide you with a good understanding of worry and how to manage it. You will get more from the course if you practice the techniques between sessions.

This course is conducted completely online and clinicians are unable to offer individual support. If you feel you need to speak to someone directly, please use the crisis numbers and helplines listed below.

#### What will I learn?

##### Session 1: Understanding Worry and Anxiety

The focus of session one is to help you to:

- Gain an understanding of what worry is, and how it may be affecting you.
- Recognise common triggers and symptoms of worry.
- Explore how our thoughts, feelings, physical symptoms and behaviour can keep worry going.
- Begin to categorise your worries as to whether they are hypothetical or practical.

## Session 2: Letting Go and Problem Solving

The focus of session two is to help you to:

- Reflect on the types of worries you have and how to manage them effectively.
- To understand how finding it hard to tolerate uncertainty affects worry and how you can start to challenge it.
- Learn ways to refocus your mind and to manage both hypothetical and practical worries, using 'Worry Time' and 'Problem Solving.'

## Session 3: The Body and Planning for the Future

The focus of session three is to help you to:

- Understand the impact of anxiety on the body.
- Learn ways to move away from the anxiety response to relaxation.
- Plan how you are going to continue using the techniques learned.
- Work out your warning signs and how to prevent relapses.

## Questionnaires and Feedback

You will be asked to fill in a short questionnaire about anxiety and low mood before each session. This enables us to both give you feedback about your progress and evaluate the course. We also welcome any comments or suggestions you might like to share about the course.

## Crisis Support

If you are in crisis or need immediate support:

**Samaritans: 116 123** or text "**shout**" to **85258**

For support and information:

**Sussex Mental Healthline: 0300 5000 101** open 24 hours a day, 7 days a week.

For more advice on coping with suicidal thoughts:

<https://www.nhs.uk/conditions/suicide/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/helping-yourself-now/>