



## Worry Management

### Course aims

Help you understand worry

Learn about how certain behaviours and thoughts can lead to the maintenance of worry and increased stress levels

Teach about a range of skills and techniques to help you manage and control your worry and anxiety.

### What will the course cover?

Understanding worry and how worry affects us

Examining unhelpful behaviours and thoughts

How to reduce and manage worry

Techniques to manage negative thoughts

Additional techniques like problem solving, goal setting and relaxation

Maintaining wellbeing in the future

### This course is offered by

Bristol Wellbeing Therapies

### What to expect

Courses are intended to be informal and enjoyable. There is no dress code and you are free to contribute as much or as little as you want. There are unlikely to be more than 10 people on each course.

The course is taught using hand-outs which you can keep. You may wish to bring a pen so you can write your own notes.

You will get the most out of the course if you do practice at home as this will help you apply the skills to your everyday life.

### How to book onto this course

To request a place on this course complete our online form. Please state that you are interested in a worry management course and specify when and where you could attend. We are only able to accept referrals from people who are registered with a Bristol GP surgery.

Once we have received your form we will contact you by email or post. We will use the information you provide to help us decide if a course is a good choice for you. If we're unsure we may invite you to speak to one of our team. Please be aware that this process may take several days.

Please note that your place on the course is not confirmed until you hear from us with the details.