

Worry Management Workshop

Learn techniques & strategies to improve your wellbeing.

Are you struggling anxiety or worry?

Do you find you are worrying throughout the day?

Do you want help to improve your wellbeing?

What is the Workshop about?

These Workshops are based on Cognitive Behaviour Therapy (CBT) techniques for adults experiencing symptoms of low mood or anxiety.

How will the Workshops help?

The Workshops will help you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

Some of the topics/ techniques you will learn on the course include:

- o Understanding the symptoms of worry and how it is maintained
- o Problem solving and Time Management
- o Increasing coping abilities and resilience
- o How to challenge negative thoughts and reduce worry

When & where is the Workshop?

The Workshop will be at **Stockport homes Sheltered Housing Scheme (Lounge area).**
Oaktree Court
Cheadle
SK8 1EZ

on the 13/05/2024, 20/05/2024 & 03/06/2024- Between 13:00 AND 15:00 PM.

How to book onto the Workshop?

Book your space by calling Age UK Stockport on 0161 480 1211 or turn up on the day.

