Family and Community Learning

2021
Online course

Manage Worries Positively

10:00 -12:00 (1 x session)

Three dates available

Friday 26 March **Wednesday 31 March** **Friday 23 April**

Course detail

Explore the meaning of anxiety and worry and how they affect the body, behaviour, emotions and thoughts. Discover ways that worries can be managed. Assess and manage thoughts and beliefs, through the ABC model of stress management, to understand how this can positively impact on emotional wellbeing. Understand when and who to ask for help.

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Contact Details:

Email: familyandcommunitylearning@wiltshire.gov.uk
Website: workwiltshire.co.uk/family-learning/
Call: 01225 770478

Courses are funded by the Education and Skills Funding Agency. Learners must be 19+, have been resident in the EU/UK for three or more years or be a service family member, have less than 5 GCSE's A-C and or be in receipt of benefits or be unemployed. If you do not feel you fit within the criteria, we still may be able to help so please call if you have any questions.

Wiltshire Council