



Managing and Accepting Anxiety and Panic

Training course

It's normal to occasionally experience anxiety.

However, if we don't recognise when anxiety is starting to spiral, the false or limited ways of thinking can take over our lives, convincing us of impending doom and further exacerbating our sense of helplessness.

Panic attacks affect people in many ways, but there is usually a sudden frightening feeling that something

awful is about to happen, with strong physical symptoms. This can cause people to feel that something more serious, such as a heart attack is happening. Lots of people have panic attacks and they can affect people in different ways, some may only ever have one, others may experience them more frequently and over a longer period*.

[**View our training course**](#)

Aim: To learn how to identify the triggers that can cause panic and anxiety, how to interrupt the cycle of anxious thoughts, and how to develop healthy coping strategies that can help manage these feelings in a positive way.

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Understand what is meant by anxiety and panic
- ✓ Understand types of anxiety disorders (*full day sessions only*)
- ✓ Understand the causes of anxiety and panic
- ✓ Understand what happens to the body when faced with a threat
- ✓ Understand the signs and symptoms of anxiety
- ✓ Understand the impact anxiety and panic has on individuals
- ✓ Understand the anxiety cycle
- ✓ Understand what influences anxiety
- ✓ Understand ways to reduce anxiety
- ✓ Understand and engage in tools to support the management of anxiety and panic symptoms
- ✓ Identify where to access additional support

The Course

This training explores how to break the anxiety and panic cycle, the most common anxiety 'traps' (i.e., Catastrophising, Mind reading, Fortune telling, Black-and-white thinking, Overgeneralising) and what strategies can be used to overcome them.

Having a better understanding of anxiety and panic can support individuals reframe their thoughts, process their feelings, build resilience, and increase the feeling of control. This can also improve team dynamics and promote a more positive and productive work environment.

A certificate of completion is provided to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

Up to 8 CPD hours per delegate



Contact our enquiry team on **0121 629 1165**
or visit: **www.bhsf.co.uk/mental-health-support-training**