

Calm Your Anxiety video transcript

0:00:02.000,0:00:07.120

Calm your anxiety is an online group course designed to teach you ways to worry less and

0:00:07.120,0:00:12.080

improve your wellbeing. You will learn skills that you can use in everyday life to feel more

0:00:12.080,0:00:17.600

in control and better prepared to manage feelings of anxiety. The workshop sessions

0:00:17.600,0:00:22.880

are not group therapy, so they do not involve sharing experiences or hearing about people's

0:00:22.880,0:00:28.160

personal reasons for coming to the sessions. And before each session, we set out ground rules

0:00:28.160,0:00:34.960

about confidentiality. The course runs over six weekly sessions, each lasting around 90 minutes,

0:00:34.960,0:00:41.120

which are delivered by registered psychological wellbeing practitioners by online video call.

0:00:41.120,0:00:46.560

After each session, we will provide you with worksheets to use as helpful reminders of what

0:00:46.560,0:00:52.080

you have learned. We will monitor your progress via a questionnaire about your symptoms that will

0:00:52.080,0:00:58.000

be emailed to you before each session. You will need to have reliable and regular internet access

0:00:58.000,0:01:04.160

in a private space and a device that allows you to join video calls and play video with sound.

0:01:04.160,0:01:09.120

To access our calm your anxiety workshops, you need to complete a wellbeing assessment and be

0:01:09.120,0:01:13.840

offered this treatment by one of our therapists. You may be offered a different treatment if

0:01:13.840,0:01:19.200

we find another therapy or service is better suited to your needs. You can refer yourself

0:01:19.200,0:01:25.840

for a wellbeing assessment by completing the online form which can be found on our web page.