

COURSE SUMMARY

WEEK 1

AN INTRODUCTION TO ANXIETY

Here we will lay the foundation of understanding our anxiety and stress by noting how it is a common feeling that arises for humans which is completely normal, but for many people it can begin to become excessive. stress.

We will be drawing from psychological models of Cognitive Behaviour Therapy, Compassion Focused Therapy, Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, and Mindfulness theories throughout this course.

WEEK 2

UNDERSTANDING AND MAPPING YOUR PERSONAL ANXIETY AND STRESS RESPONSE

In this lesson you will be drawing out your own personal anxiety map with me to understand how you get trapped within a cycle of fear-based thinking and responses. Our minds are designed to detect threats and move us into self-protection, however in most cases of anxiety, the threat is not actually a current or real danger.

WEEK 3

USING PRACTICAL TOOLS TO COPE WITH ANXIETY AND STRESS

This lesson will provide you with the powerful tools you need to deal with each aspect of anxiety (physical, emotional, and mental symptoms) in three different modules. Your personal anxiety map will provide a guide for how to tackle each of these symptoms. You will learn how to relax your body using the breath, mindfulness, and progressive muscle relaxation. You will learn how to deal with anxious emotions using guided audio exercises.

WEEK 4

RESOLVING THE ROOT CAUSES OF YOUR ANXIETY AND STRESS

Once you discover how to manage and cope with the day to day symptoms of anxiety and stress, we can go even deeper into resolving the origins of your fears and worries. In this lesson, we will be looking at how our fears and worries stem from past experiences we've had of failure, rejection, inadequacy, or trauma.

WEEK 5

MOVING FORWARD

In this final lesson, we will tie everything together that we have done. You will be able to review your progress and note what has shifted/changed for you, and how you can take the lessons further as you move forward in your life.

We will examine how important it is to ensure self-care is a priority in your life and how you can build a support network around you to ensure you are not facing challenges and stresses on your own.