Spirit in Mind: Healthcare and faith partnerships at the heart of community wellbeing

Overcoming Anxiety (Online – MS Teams)

Thursday, 22 April 2021
2.00pm – 4.00pm
(or: Thursday, 10 June)

Anxiety is a feeling of worry or fear that is a response to a range of different situations. These feelings of fear, worry or nervousness can be very unsettling and frustrating.

Anxiety can affect your mental health and prolonged anxiety can lead to a disorder that negatively affects a person's thoughts, feelings and behaviours. Overcoming anxiety is a process that integrates different strategies.

This course will help you explore the cause of anxious feelings, understand them and suggest ways of dealing with situations and will cover:

- **What causes anxiety**
- **What does anxiety feel like?**
- **Tips on how to prevent and overcome anxiety**
- **How to create a sacred space in time of uncertainty**

Learning Outcome: By the end of the course participants will understand what triggers their anxiety and will have experienced techniques to help with overcoming their anxiety and caring for themselves. Led by Nirmala Ragbir-Day, Spiritual Care Trainer, South West Yorkshire Partnership Trust

Places are free
To book your place and obtain the MST Link please email:
Pastoral.care@swyt.nhs.uk

If you have any queries please telephone: 01924 316282

www.southwestyorkshire.nhs.uk

With all of us in mind.