



# Worry Management Workshop

Learn new skills & strategies.

Are you feeling Stressed, Worried or Anxious?

Is this impacting on your physical wellbeing and leading to avoidance  
or withdrawal?

Do you want help understanding and managing these feelings?

## What is the Workshop about?

This Workshop is a FREE Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

## How could the Workshop help?

The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques to manage these symptoms.

## Some of the topics/ techniques you will learn on the course include:

- o Understanding Stress and Anxiety
- o Noticing & challenging unhelpful thoughts.
- o Worry Management
- o Problem Solving

## When & where is the Workshop?

The Workshops will be at **on the 11<sup>th</sup> & 18<sup>th</sup> November 2024- between 13:00- 15:00 PM.**

SKY UP Digital Hub,  
2 Castle Street  
Edgeley,  
Stockport,  
SK3 9AB.

## How to book onto the Workshop?

Book your space by calling Stockport Age UK on 0161 480 1211 or turn up on the day.



for anxiety and depression

Service provided by Pennine Care NHS Foundation Trust