

What Is Generalised Anxiety?



Generalised Anxiety is characterised by the key symptoms of:

- Constant worry
- Feeling restless, keyed up, on edge & unable to relax.
- Physical tension
- Sleep disturbance
- Problems concentrating and focusing on a task
- Feeling irritable
- Feeling tired or exhausted easily.

Group Therapy

The recommended psychological treatment for Generalised Anxiety is Cognitive Behavioural Therapy (CBT). CBT in a group setting is beneficial, in that sufferers get the chance to meet others with similar difficulties whilst also learning how to deal with unwanted symptoms of Generalised anxiety. Our groups are free of charge and will run for 9 weeks. Each session will last for 2 hours and there will be a 15 minute refreshment break.

What is expected of me?

Everything discussed in this group is treated with strict confidentiality, this is agreed, as a group at the start of the course and you will be expected to adhere to this agreement. You will be expected to work between sessions in order to test out new skills and gain greater insight. CBT strategies will be most helpful in your day to day life and it is important to put them into practice - after all practice makes perfect!

Contact: To arrange an appointment to discuss joining Managing Worry Group, please call: Worcester 01905 760837

www.hacw.nhs.uk/healthyminds

