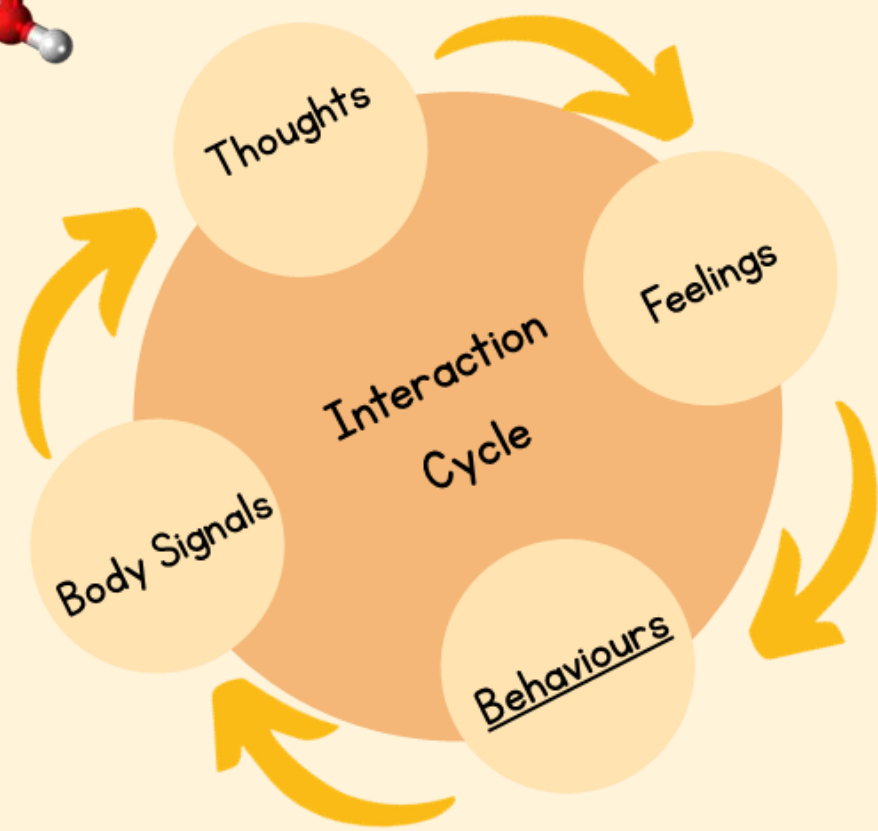
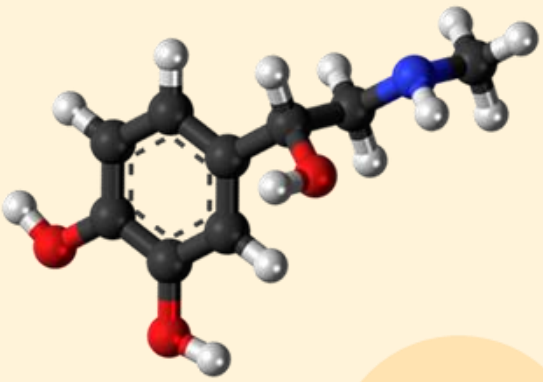


PSYCHOEDUCATION FOR ANXIETY

delivered by the Mental Health Support Team

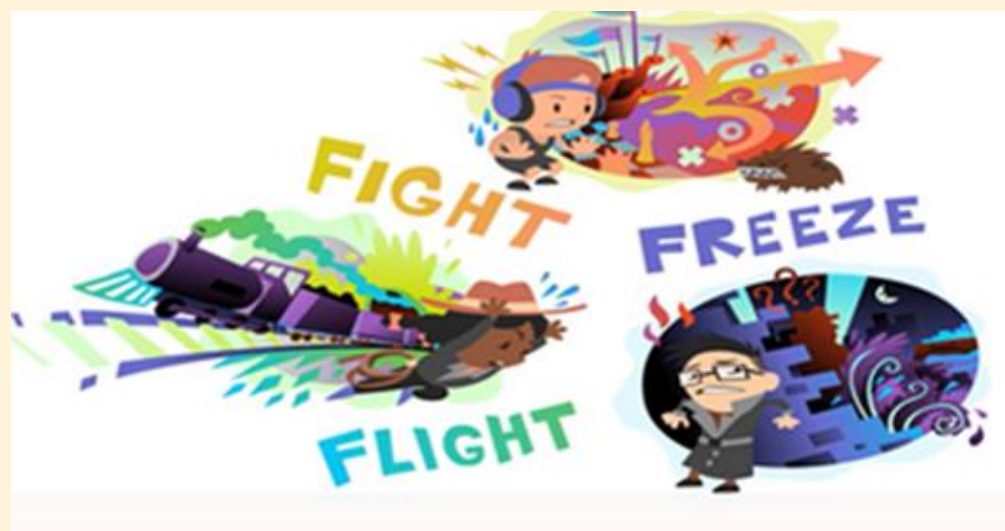


WHY DO WE WORRY?



Psychoeducation teaches people about mental health, to help them understand what mental health is and why we experience it.

WHAT IS ANXIETY



WHY ME?

5. What did you find particularly useful during the workshop?

4 Responses

ID ↑	Name	Responses
1	anonymous	Test
2	anonymous	Techniques
3	anonymous	Techniques for explaining and managing anxiety.
4	anonymous	Techniques around managing anxiety

5. What did you find particularly useful during the workshop?

7 Responses

ID ↑	Name	Responses
1	anonymous	Calming box Breathing technique
2	anonymous	Clear diagrams and participation
3	anonymous	Work sheets, discussion
4	anonymous	Self sooth box, breathing techniques, and the red/blue cap.
5	anonymous	The weather scale and science info
6	anonymous	Levels of anxiety
7	anonymous	The weather charts, Sensory calming box and the understanding of everyone is different.

Remember!
These feelings are normal and are caused by our body's natural reactions!

