

MANAGING STRESS, ANXIETY & PANIC



April 7 is World Health Day. This month, discover proven, practical, and fun ways to relieve stress, ease your mind and nurture calm.

Understanding Anxiety. Anxiety is one of the most common mental health disorders globally, yet it is often misunderstood. Everyone worries or feels nervous sometimes; this is a normal human response to stress in our environment. However, these fears and worries aren’t temporary for people with anxiety and can even worsen over time. People with anxiety can become overwhelmed by their emotions and have particularly adverse reactions to situations. This session looks at some of the science and psychology behind the why of anxiety and provides specific strategies to help with worry and anxiety.

Learning Points

- Learn what anxiety and anxiety disorders are and how they present differently in people
- Recognise the physical, emotional, and behavioural signs of anxiety/anxiety disorders
- Identify strategies to help manage anxiety/anxiety disorders
- Explore how to challenge anxious thinking and structure worry
- Learn how to help friends, family members, or colleagues who may be struggling with anxiety/anxiety disorders

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

Understanding Anxiety >

Recorded sessions
On demand
(no Q&A)

16th April
1-2 PM BST
(with Q&A)

16th April
7-8 PM BST
(with Q&A)

Watch here >

Register now

Register now

Short of time?
Watch the 10-minute
summary

17th April
7-8 AM BST
(with Q&A)

22th April
5-6 PM BST
(with Q&A)

Watch here >

Register now

Register now