



# GROUP TRAINING: ANXIETY



## Is anxiety stopping you from living your full potential?

Anxiety comes from the body, when we are in a part of life we perceive we don't yet have the skills to respond to.

Anxiety impacts the quality of all parts of life, including the way we are with others, ourselves and in all our relationships. Most people experience at least low-grade anxiety daily. It can become a self-imposed prison that leaves us feeling helpless and limits us from reaching our full potential

The FABIC Body Life Skills program embraces that all non-preferred or unwanted behaviours are preceded by anxiety and are therefore a result of anxiety.

Life can be challenging and we may react by:

- Hardening, tightening and tensing in the body
- Withdrawing or running away, not participating in life/activities
- Feeling unable to do the things we want to do
- Losing focus, being unable to concentrate
- Underperforming or over-compensating at work
- Misunderstanding and feeling helpless in social life

**Don't let anxiety control your life - become the master of your own life instead!**



For more info or to  
book, contact FABIC

**07 5530 5099**

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## ON OFFER

- Gain tools that empower you to overcome your own anxiety
- Understanding and supporting anxiety-related behaviours used by other people
- Embracing the challenges that life brings with increased understanding and confidence
- Feeling more equipped to approach your future, no matter what is presented

## TOPICS COVERED

1. What is anxiety?
2. How does anxiety work?
3. How does anxiety impact people's quality of life?
4. Understanding why people experience anxiety
5. How do I identify when I or another person is getting anxious?
6. What can I do when I or another person feels the signs of anxiety encroaching?
7. What can I do when I or another person is highly anxious?
8. How can I prevent continued anxiety for myself?
9. How can I reduce my behaviour contributing to anxiety for another person?

## WHO WILL BENEFIT?

FABIC Group Training on Anxiety\* is tailored to any person who:

- Uses anger-related behaviours
- Is the receiver of anger-related behaviours
- Supports a person who uses anger-related behaviours

*\*Maximum of 10 people per group*

## LOCATION

FABIC Group training sessions are available:

- Via telehealth video for individuals joining a group
- Face-to-face at your location if you have a specific group of people (travel costs apply)

## COSTS

Cost varies according to course size and location. Please contact FABIC for details.