

Re-think

Your Anxiety

Course at-a-glance

This weekly course shares mindfulness and cognitive behavioural therapy (CBT) based techniques with people experiencing symptoms of anxiety and stress.

About the programme

Facilitated by our clinical psychologists, Re-think Your Anxiety is an expert-led programme consisting of eight half or full-day sessions.

A mixture of inquiry and skill based approaches from CBT, mindfulness and psycho-education are utilised alongside practical relaxation exercises and wellness techniques.

Programme Details

The Re-think: Your Anxiety programme covers the following key content areas:

- Facts around anxiety and stress, the causes and mechanisms, signs and symptoms
- Recognising and reflecting on experiences of panic, with responsive mindfulness
- CBT-informed skills, recognising the links between thoughts and feelings

Outcomes

Course participants will develop a better understanding of their own experience of anxiety and stress.

They have the opportunity to learn, explore and practice an array of techniques, finding their own personal skill set to reduce anxiety and stress.

Participants may then create a self-care strategy using personalised skills, maintaining emotional wellness into the future.

Utilising a series of self-rated inquiries via Mentegram web and mobile applications, participants may come to better understand their anxiety and stress symptoms, nurture their responses and enhance their process.

How to contact us

Level 3, 12-16 Nicholls Lane,
Parnell, Auckland 1010
Phone: +64 (9) 884 8350

Fax: +64 (9) 282 4872
enquiries@recentre.co.nz
www.re-centre.co.nz

Along with attending the group, participants will have individual sessions to construct their own wellness plans.