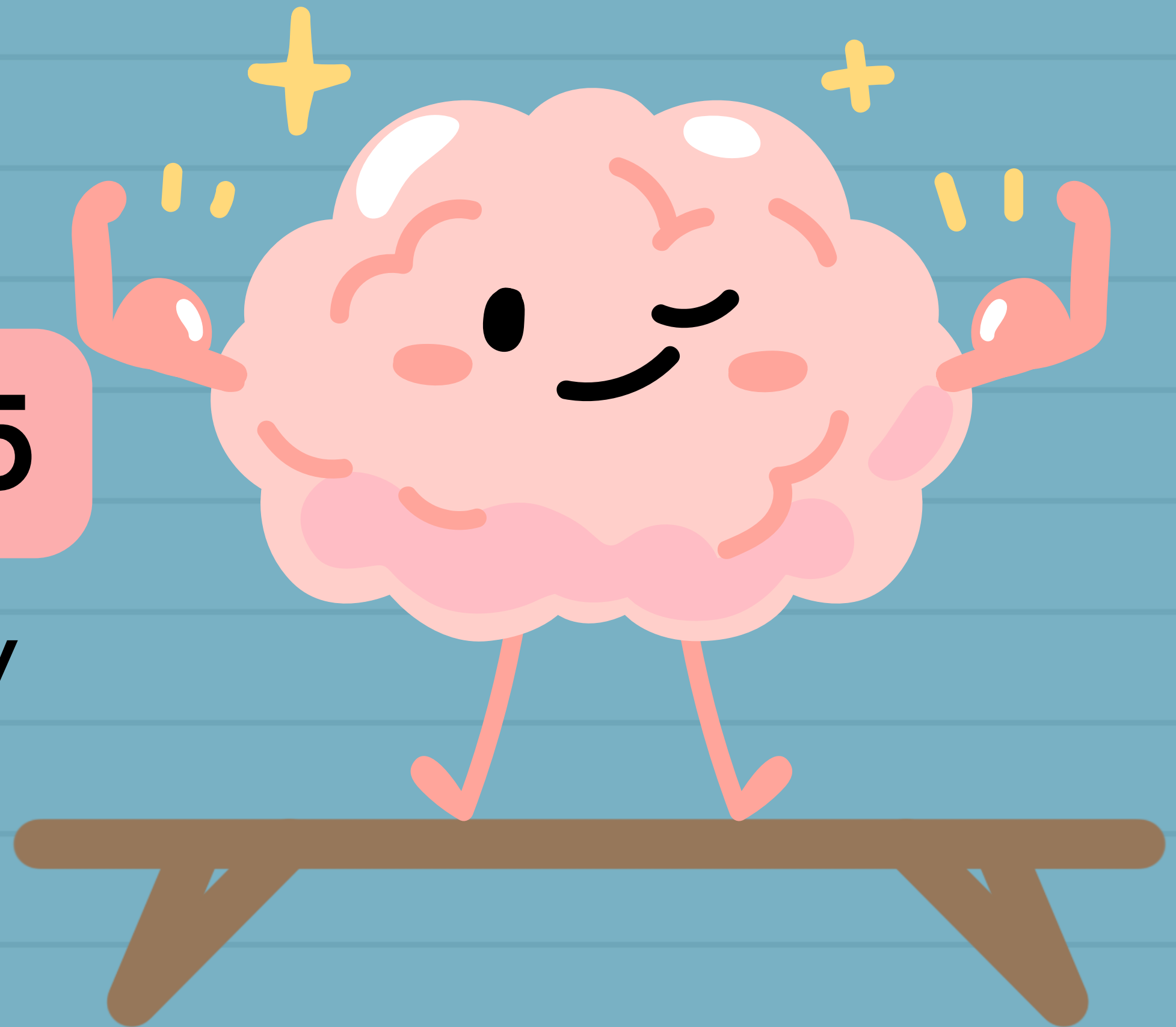


**S.W.A.T. -
February 2025**

**Stress, Worry and Anxiety
Toolkit**



What is the S.W.A.T. workshop?

This workshop has been developed to support individuals to begin to learn and strengthen coping strategies and techniques to manage and reduce stress, anxiety and worry

Who is it for?

Individuals who may be struggling with:

Anxiety Stress Negative thoughts Panic Worry

And may be struggling to:

Self soothe Implement strategies Self-manage Understand what is happening for you



What can I expect?

We aim to create a safe group setting with a maximum of 10 – 12 students, where we will help and support you to;

- Gain a robust understanding of what anxiety is and how it can impact you
- Understand how the brain works in response to perceived threats and situations where you may feel anxious and distressed to gain deeper self awareness
- Become more aware of your thoughts and feelings and develop the skills to cope with difficult emotions
- Challenge negative thoughts and begin to develop your compassionate thinking
- Learn techniques and strategies to help you to tolerate, soothe, and regulate distress and anxiety in order to strengthen self management
- Be able to implement strategies to manage stress and worry
- Create a wellbeing plan for you to utilise after the course

Workshop Outline

Week One – 3rd February 2025. 10.30am – 12.30pm

Introduction to the workshop and in-depth understanding of anxiety and the branches including stress and worry and how this can present in every day life

Week Two – 10th February 2025. 10.30am – 12.30pm

Coping techniques to support with physical and cognitive presentations associated with anxiety and worry. This includes, mindfulness, grounding and how to manage negative thoughts and worry with the use of challenge and compassionate thinking

Week Three – 17th February 2025. 10.00am – 13.00pm

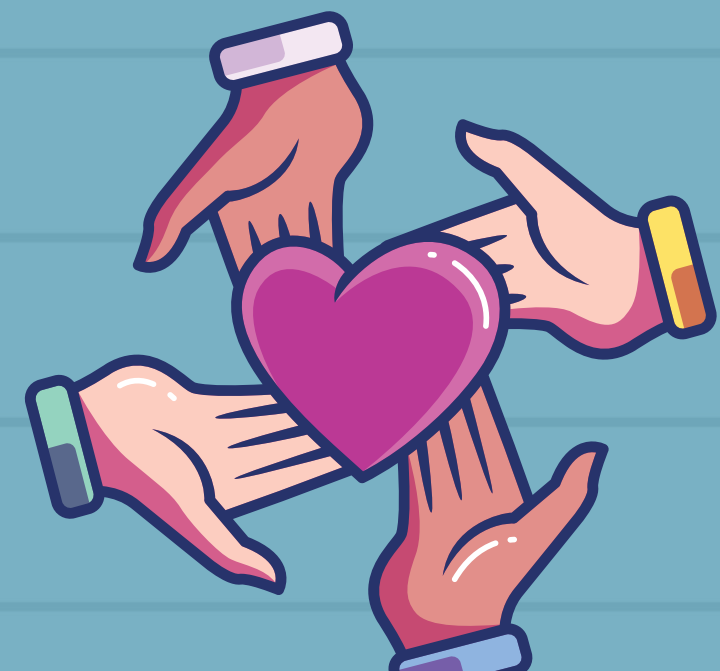
Focusing on the impact of anxiety such as isolation and avoidance and how to begin to shift from this by using practical step like positive risk taking, problem solving and goal setting

Week Four – 23rd February 2025. 10.30am – 12.30pm

Stress management. Recognising unhelpful coping strategies and recognising risk. Reflective discussion to conclude the course

Workshop commitments

- This course is in person at City Campus and lasts for four weeks, with one session per week. We ask that individuals be able to commit to all four sessions in order to attend this workshop. Each session will run for 2 hours apart from week three, which will run for 3 hours
- The course includes group discussions and activities so participant engagement is important
- You will be encouraged to test things out between sessions, so it gives you the opportunity to reflect and review within the group



FAQ's



How do I access the workshop?

If you would like to attend this workshop, please ask the wellbeing practitioner you saw at your wellbeing appointment to make a referral

I have been referred, what now?

One of the facilitators will be in touch nearer the time to check in with you and confirm your attendance. This will be by phone and/or email

What if I change my mind?

That's okay, please just let us know so we can offer a place to someone else