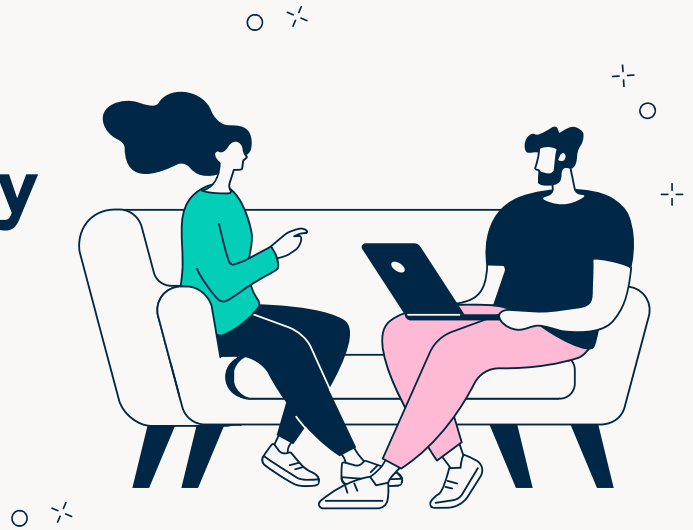




# The Manage Anxiety Programme

The programme is structured around six 1-hour online sessions with a professional therapist. You can complete them at your own pace, though we recommend scheduling them once a week.



## What's involved in the sessions?

The sessions begin by exploring your personal experience of anxiety. Your therapist will then start to teach you a variety of methods to manage your symptoms and overcome negative thought patterns.

Each session is designed to build upon the previous one. You will be assessed and given an anxiety score at the beginning and end of the programme. This helps us to measure progress and ensure goals are achieved.



## Programme Outline:

- 1 Understanding Generalised Anxiety
- 2 Your Relationship to Your Body
- 3 Managing Anxiety
- 4 Coping With Triggers
- 5 Communication & Social Support
- 6 Continuing Self-Care



## This programme will help you:

- ✓ Gain a deeper understanding of generalised anxiety disorder and how it affects your body and mind.
- ✓ Learn a range of coping mechanisms and relaxation techniques to manage your anxiety.
- ✓ Move forward with the knowledge and skills to work towards your own long-term goals with confidence.



The programme also includes access to a range of worksheets and resources that will help you to continue your journey to a life without anxiety once the sessions have been completed.

Please note: your programme may follow a slightly different curriculum to the one above, as our therapists will modify their approach based on each client's needs, goals and feedback.

# FAQS

Got a question that's not addressed here?  
Please send your enquiry to [hello@manageminds.co.uk](mailto:hello@manageminds.co.uk)



## What is a programme?

A ManageMinds programme combines one-to-one therapy with a range of useful worksheets and resources to effectively target specific mental health conditions. Each programme follows a specially-designed schedule that can be adjusted to meet your individual needs.

The programmes give you the power to overcome mental health struggles by providing you with a detailed understanding of the factors causing your condition, alongside a number of coping mechanisms and stress-reduction techniques to improve your wellbeing. They also include regular assessments to ensure trackable progress is being made.



## Who is this programme for?

Our Manage Anxiety programme is suitable for anyone who is experiencing mild to moderately severe anxiety. You may have generalised anxiety disorder, or you may be dealing with periods of anxiety that are becoming unmanageable—either way this programme can provide you with the support and tools you need to get back to feeling yourself.



## Can I do the programme in person rather than online?

No. All ManageMinds services are conducted online. We feel this provides clients with the most comfortable and convenient approach to therapy.



## Do I get to choose the therapist that leads the programme?

If you have a particular therapist in mind, you can mention this when you book your programme. However, while we strive to cater to clients' needs in terms of preferences like gender, it's not always possible for us to guarantee a specific therapist, as the programmes can only be delivered by those who have completed special training.



## How quickly can I complete the programme?

This is a comprehensive programme that includes a lot of information and resources. To get the most out of it, we recommend that you do not complete more than one session a week. However, if you are eager to schedule sessions more frequently than this, you can discuss it with your therapist.



# FAQS

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## What if I need more than 6 sessions?

We believe that the programme of 6 sessions provides enough time and information for you to make significant improvements to your mental health. The programmes are also designed to equip you with coping techniques and self care plans that you can use well beyond your final session.

If, upon completing the programme, you feel that you would benefit from more time with a therapist, our team will be happy to arrange further sessions for you.



## Do I need to bring anything with me to the sessions?

Before the programme begins you will receive a welcome pack that includes everything you need to know to prepare. It's a good idea to establish a private room or space where you can do the therapy component of your programme. You will need a laptop (or similar device) with Zoom installed to complete the sessions.

We also suggest having a pen, notepad, tissues and soft drink on hand.



## What if I want to talk about something that isn't on the programme outline?

The programme outline should be viewed as a guide, rather than a strict curriculum. If you arrive at a session with specific issues you would like to discuss, you are more than welcome to do so. We understand that all of our clients are individuals, so your therapist will adapt the programme to meet your specific needs and wants.

Please note that if your circumstances require the programme to be significantly altered, you may not be able to complete everything listed on the original outline.



## Is the programme guaranteed to cure my anxiety?

The programme includes regular assessments of your mental wellbeing and progress with the worksheets, to ensure that measurable improvement is being achieved.

However, while therapy is one of the most powerful tools we have to improve mental health, conditions like anxiety should not be viewed as something that can be "cured". Medical professionals do not use this kind of language in this context, and you should be wary of any service that guarantees to "cure" a mental health issue.

Learning how to build personal resilience and mastering coping mechanisms is the most effective way to treat anxiety. That is what this programme provides you with, and the results can be life-changing.

