



COURSE OUTLINE

Course:	Anxiety and Stress: Master Anxiety and Stress - A Practical Approach to Achieving Joy and Control
Contact Hours:	18
Pre-requisite:	None

1.1 Abstract

We all experience feelings of anxiety and stress at different points within our lives such as work, school, personal life etc. While we may sometimes be able to deal with situations as they come and go. Experiencing consistent anxiety and stress can have a huge impact in our daily lives and can prevent us from doing the things we enjoy and need to do. Through this course individuals can learn how to better understand anxiety and stress in order to overcome it through effective management in regaining control over one's life. In this course you will be introduced to key concepts in understanding what is stress and anxiety along with its signs and symptoms supported by principles and methods for managing stress and anxiety utilizing practical approaches and coping skills that will help you transform your life, become calm, confident and happy.

1.2 Target Audience

This course is designed for individuals who are interested in mental health and wish to broaden their capacity to effectively identify and control the underpinnings of stress and anxiety within key domains of life, learning practical approaches to promote positive wellbeing and resiliency for self and others.

1.3 Learning Outcomes

On completion of this course, learners will be able to:

1. Define and differentiate between anxiety and stress ranging from normal to abnormal presentations.
2. List the signs and symptoms of anxiety and stress through the ability to identify the emotional, social, psychological and physical impact of anxiety and stress within individuals.



3. Explain the major types of anxiety and summarize associated causes that contribute to the development of anxiety and stress within individuals.
4. Evaluate key theoretical approaches in the development and transformation of unhelpful beliefs and specific problems.
5. Develop critical awareness on the development and maintenance of sources of worry and anxiety- provoking thoughts along with learning cognitive techniques for reframing negative thoughts.
6. Identify and implement practical strategies for managing anxiety and stress through hands on approach.
7. Evaluate personal strengths and weaknesses, build confidence and learn new skills in achieving well-being within individual's personal and professional life for long term personal control and satisfaction

1.4 Topics Covered

Session 1- Understanding Anxiety and Stress

- Introduction
- Defining anxiety and stress
- Normal vs. Abnormal anxiety
- Identifying signs and symptoms
- The impact of stress on the body

Session 2- Causes and Perspectives on Anxiety and Stress

- Understanding Emotions
- Anxiety and stress across various settings (e.g. home, school and work)
- Bio-psychosocial model
 - Biological, psychological and social explanations of anxiety and stress

Session 3- Types of Anxiety Disorders

- Major types of anxiety disorders e.g. Generalized Anxiety Disorder
- Diagnosis and classification of anxiety disorders according to the DSM 5

Session 4- Intervention Strategies: Part I

- Cognitive Behaviour Therapy (CBT)
- Solution- focused ways to beat anxiety
- Exercises: Deep Breathing, Progressive Muscle Relaxation and Grounding Technique

Session 5- Intervention Strategies: Part II

- Prioritizing wellbeing
- Mindfulness



- Time Management
- Exercise: Loving Kindness Meditation

Session 6- Self- Care

- Understanding self- care in creating better work-life balance
- Domains of self- care
- Everyday tips to become more productive and improve happiness by managing anxiety and stress
- Exercise: Setting Boundaries and Creating a Self- Care Plan