

# Understanding Anxiety

*Building calm*

For adults

Lakeside Rooms  
Groups Programs  
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November 2018



**Commencing: Tuesday 7 May 2019**

Weekly 6:00pm – 8.15pm over 5 weeks (subject to numbers)

Cost \$400.00 (possible rebates up to \$216.50)

## A Quick Overview

Anxiety Disorders are among the most common psychological problems, estimated to affect nearly a third of the general population at some point in their lifetimes (Kessler et al., 2005). Nearly everyone feels anxious when they're confronted with a challenge. Mild anxiety, like that experienced before an exam or a sporting event, can help people perform to the best of their ability. However, when anxiety is more prolonged and intense, and negatively impacts on day-to-day life, it's a problem.

This five session program uses evidence based Cognitive Behavioural Therapy strategies to demystify anxiety, and help participants better manage the physiological, emotional, and cognitive components of anxiety and worry. It also addresses related issues of communicating effectively, and managing other feelings such as anger and depression.

### Program aims:

Increase understanding of anxiety disorders and improve stress management. Provide practical strategies to:

- Improve relaxation and confidence
- Manage body-related anxiety symptoms
- Manage unhelpful thinking processes
- Aid communication
- Assist with fearful avoidance



## Program Details:

This program will be offered as a 5 x 2 ¼ hour sessions over 5 weeks.

**Cost: \$400.00**

**Medicare rebates of \$43.30 per week available for those with a Mental Health Care Plan and who attend that week's session**

## Where...

This group runs at our Coomera rooms:

The Lakeside Rooms at Rise Sleep Health  
Shop 7, 21 Coomera Grand Drive  
Upper Coomera QLD 4209

## Program Practitioners:

### Julia Say

*Psychologist*

Julia has completed her Master of Psychology (Clinical) at Bond University. She has an interest in working with children and adolescents, and has completed placements in community clinic, and school settings.

## To Make a Booking...

To book into this group please go to

<https://www.trybooking.com/445287>

To find out more information or to enquire about other groups please feel free to contact us on 55620466.



**Call us today (07) 55 620 466**

Robina and Coomera

Lakeside Rooms is the first multidisciplinary group private practice for mental health professionals on the Gold Coast; offering services to patients from psychologists and psychiatrists

Find out more at [www.lakesiderooms.com.au](http://www.lakesiderooms.com.au)