

Anxiety Workshop for Parents at Manor Green School

On the 5th of June from 1.00pm till 2.30pm

All Parents and carers are invited to a workshop about Anxiety at MGS.

The workshop will explore themes around anxiety such as;

- The causes of anxiety
- The physiology of anxiety, what happens to the brain/body
- The vicious cycle of anxiety
- Negative thinking traps
- Body awareness
- Anxiety and autism
- Excessive reassurance seeking

The workshop aims to provide helpful strategies for dealing with anxiety. Interactive exercises will raise awareness of how we fall into anxiety traps, develop unhealthy strategies to deal with anxiety and unwittingly exacerbate anxiety.

During the session we will show you simple relaxation and distraction techniques.

Hand-outs will be provided with information to take home.

If you wish to attend the workshop please tear off the slip below and return it to your child's class teacher.

I / We would like to attend the Anxiety workshop on the 5th of June at MGS @1pm – 2.30pm.

Parent Name:

Class: