

ANXIETY

At various times in our life, many of us have experienced a sense of feeling overwhelmed. More often than not this is a symptom of anxiety. This seminar will examine the symptoms of anxiety, the reasons anxiety may be present, and behavioral health interventions used to control anxiety.

Primary Objectives:

- Participants will be able to verbalize the difference between situational anxiety and chronic anxiety.
- Participants will be able to identify at least 3 symptoms of anxiety.
- Participants will be able to identify at least 2 types of anxiety.
- Participant will be able to verbalize the impact anxiety can have on one's physical health.
- Participants will be able to verbalize at least 2 methods for treating anxiety.

Suggested Audiences: ALL

