An eight-week education program for individuals diagnosed with generalized anxiety and / or panic disorders

UNDERSTANDING ANXIETY & PANIC DISORDER

Program dates and location:
October 1st to November 19th, 2019
March 10th to April 28th, 2020
6:30 to 8:30 p.m.
Mental Health Recovery Services

As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Contact:
Canadian Mental Health Association of New Brunswick
Saint John office
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Saint John, NB
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Tel: (506) 633-1705
Fax: (506) 633-2892
Email: saintjohn@cmhanb.ca
www.cmhanb.ca
Symptoms of generalized anxiety disorder:
- Constant worrying
- Aches and pains for no reason
- Trouble relaxing
- Difficulty falling / staying asleep
- Not able to concentrate

Symptoms of panic disorder:
- Difficulty breathing
- Chest pains or racing heart
- Overwhelming terror
- Dizziness
- Excessive sweating

If you or someone you know is experiencing several of these symptoms, please contact your family doctor or Addiction and Mental Health Services.

ABOUT THE PROGRAM

Understanding Anxiety & Panic Disorder is an eight-week education program designed to help people who have been diagnosed with generalized anxiety and/or panic disorder. A trained facilitator and health care professionals discuss issues that relate to generalized anxiety and/or panic disorder. These include information on symptoms, treatment options, coping strategies and community resources.

The aim of Understanding Anxiety & Panic Disorder is to offer assistance as well as encouragement in a safe and relaxed atmosphere.

This program does not replace counselling or therapy. Confidentiality and privacy of sharing within the group is strongly promoted.

There is no cost to attend this program. Seating is limited to 25 participants.

This program will be held every Tuesday evening from 6:30 to 8:30 p.m. at Mental Health Recovery Services, located at 157 Duke Street in Uptown Saint John.

Advanced registration required. Please contact us at (506) 633-1705

WEEKLY AGENDA

I. Understanding Anxiety & Panic Disorder
An overview of anxiety, panic and generalized anxiety disorder including symptoms, triggers and risk factors. Also reviewed are the types of psychotherapy, cognitive behavioural approaches and alternative therapy methods.

II. Managing Anxiety and Medications
Information on the latest medications used, how they work, side effects and benefits.

III. Anxiety-Provoking Traits
Information about common personality traits, such as perfectionism, excessive need for control and the tendency to ignore physical signs of stress.

IV. Identifying and Challenging Negative Behaviours / Thoughts
Introduction of practical tools to change negative self-talk, distorted thinking patterns and attitudes that lead to negative thinking.

V. Recovery: A Comprehensive Approach (Part 1)
Review of contributing causes of anxiety: physical, emotional, behavioural, mental, interpersonal and spiritual. Also tools to help build a personal recovery program.

VI. Recovery: A Comprehensive Approach (Part 2)
Introduces coping strategies for dealing with anxiety and panic attacks at the early stages, as well as techniques to encourage deep relaxation and anxiety reduction.

VII. Mindfulness
Session to provide information on mindfulness, what it is and how to practice it.

VIII. Taking Care of Me: Wellness Strategies
Up-to-date information on the role of nutrition and exercise in promoting a calmer mood.