



**AnxietyUK**

Here for you since 1970



**ANXIETY UK TRAINING SERVICES**




# Who are we?

Anxiety UK is the UK's leading user-led anxiety disorders charity founded in 1970, which provides support, information & advice on anxiety, stress and anxiety based depression.



## **TRAINING AND CONSULTANCY SERVICES**

Anxiety UK has a wealth of experience delivering training and consultancy services to a wide range of organisations including major blue chip companies, SMEs, health bodies, schools and colleges and other voluntary sector organisations.

A stylized icon of a human brain, rendered in a light green color against a dark blue square background, located on the left side of the slide.

According to the latest statistics from the Health and Safety Executive (HSE) <sup>1</sup> stress, anxiety or depression now account for more than half of all lost working days in the UK.....

1. <http://www.hse.gov.uk/statistics/overall/hssh1718.pdf>



.....that's 15.4 million working days lost due to stress, anxiety or depression, a staggering 57.3% of sick days due to ill health.

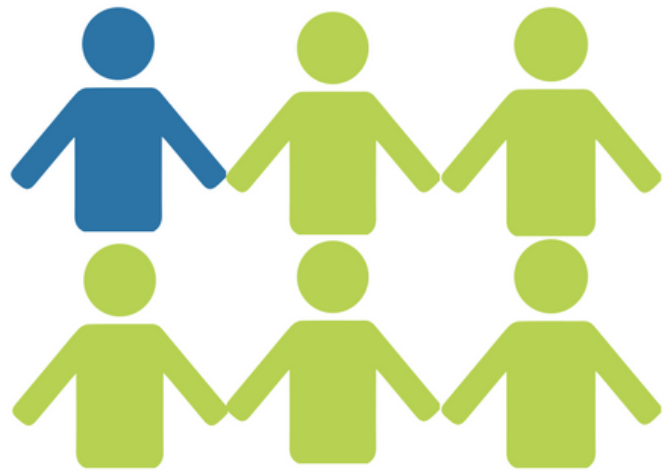
An increase of 2.9 million working days lost to these conditions on the previous year.

1. <http://www.hse.gov.uk/statistics/overall/hssh1718.pdf>



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**1 in 6 members of an average workforce are affected by a mental health condition**

**Do your staff know where to get help?**



**Are you making  
them more or less  
stressed?**



**1 in 3 employees experience  
unmanageable stress at work**



## TRAINING PACKAGES AVAILABLE

Including but not limited to:

- Stress and anxiety awareness at work
- Managing anxiety in the workplace
- Supporting stress and anxiety in young people
- Understanding panic attacks
- Nutrition and anxiety
- Building resilience





## WHAT WILL WE COVER?

### STRESS AND ANXIETY AWARENESS

- What is anxiety and who does it affect?
- How does your mind and body react when anxious?
- What causes anxiety?
- How can you manage your own anxiety?
- What help is available?



### MANAGING ANXIETY IN THE WORKPLACE

- What is anxiety, who does it affect, and what causes it?
- How can you support the people you manage who have anxiety?
- Tips for talking in the workplace
- What external help is available?



## UNDERSTANDING PANIC ATTACKS

- What is a panic attack?
- How does your mind and body react to a panic attack?
- What causes panic attacks?
- How can you manage panic attacks?
- What help is available?



### SALMON

Regularly eating salmon can help lower anxiety, research shows. Experts say it's because of their omega-3 fatty acid; a key mood-boosting nutrient and one our bodies don't produce.

Salmon also contains vitamin B12, which helps produce brain chemicals that affect mood. Low levels of B12 are linked to depression.



## NUTRITION AND ANXIETY

- Health food, health mood - the scientific bit!
- Nutrients you need
- Other foods to consider
- Foods best avoiding
- What to have instead



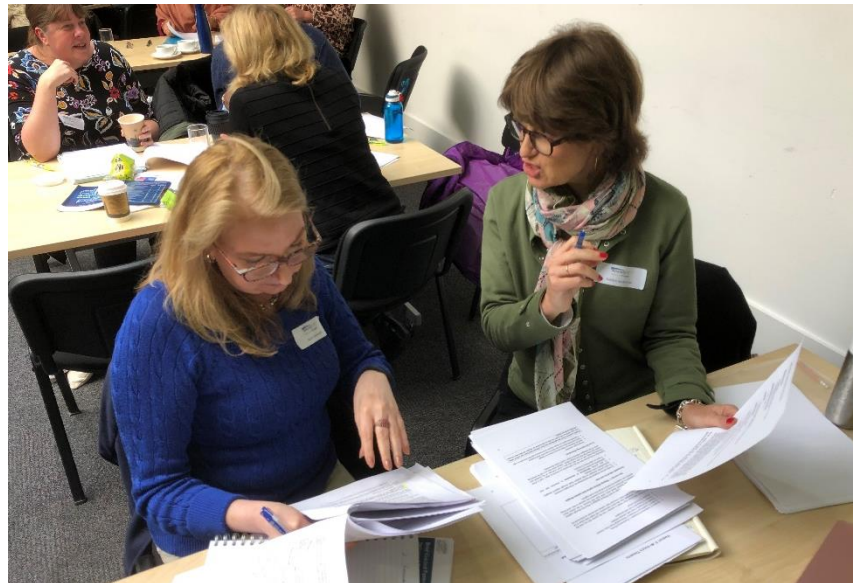
***“THE TRAINER HAS A GREAT PRESENTING STYLE, WITH LOTS OF EXAMPLES FROM HER OWN PRACTICE WHICH IS REALLY USEFUL. I CAME AWAY WITH LOTS OF PRACTICAL TECHNIQUES FOR DEALING WITH HEALTH ANXIETY.”***







***“I DIDN’T KNOW MUCH BEFORE THIS EVENT BUT IT HAS REALLY OPENED MY EYES ABOUT ANXIETY. AN EXCELLENT SESSION, I LEARNT A LOT AND FEEL MORE CONFIDENT IN UNDERSTANDING THE SUBJECT.”***



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**For more details or to discuss your needs  
contact [ops@anxietyuk.org.uk](mailto:ops@anxietyuk.org.uk) or  
call 0161 226 7727**

