

OVERCOMING ANXIETY with THERAPEUTIC LIFESTYLE CHANGE

This confidential, clinically proven class uses the support and accountability of the members to help each person add common-sense, healthy habits one at a time over 8 weeks to produce lasting change. KEY is the video, discussion, brainstorming, and support shared each week.

9/8/15 WEEK 1: Orientation: Sharp increase the past few decades in both anxiety and major depression (more than sadness, grieving, or feeling "blue"). Our bodies and ancient lifestyles incorporated these six healthy habits. How modern living has interfered leaving us vulnerable to depression.

9/15/15 WEEK 2: Breathing Discussing traits of good mental health, how the nervous system reacts to stress, differentiating between worry and anxiety, learning about breathing.

9/22/15 WEEK 3: Brain-Body Connection and Relaxation Learn about emotions and how they affect the body. Consider common reactions to emotions and learn relaxation technique.

9/29/15 WEEK 4: Anxiety-Reducing Diet. Reducing some food and drink ingredients, adding others can make a big difference. Increasing activity can also lead to success.

10/6/15 WEEK 5: Healthy Sleep Sleep deprivation negatively affects the brain, leading to personality changes, memory problems, decreased coping skills, more anxiety and less sleep—a vicious cycle!

10/13/15 WEEK 6: Twisted Thinking Part 1: Cognitive distortions, twisted thinking, and mid traps are all names for this common result of anxiety. However, there is hope! Through hard work and perseverance, each person can learn to change twisted thinking into a positive direction.

10/20/15 WEEK 7: Twisted Thinking Part 2: More learning and practice to counteract the Twisted Thinking paradigm.

10/27/15 WEEK 8: Relationships: Learning about the positive effects of health relationships and how to achieve them.

11/3/15 WEEK 9: Recap: Review all the points covered. Consider possible "next steps" to continue the improvements achieved through this course.

The facilitator calls each class member about mid-week to offer encouragement and accountability.