

OVERCOMING ANXIETY with LIVE WELL CLASSES (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.

Orientation: Sharp increase the past few decades in both anxiety and major depression. Our bodies and ancient lifestyles incorporated these six healthy habits. How modern living has interfered leaving us vulnerable to anxiety.

WEEK 1: Breathing: Discussing traits of good mental health, how the nervous system reacts to stress, differentiating between worry and anxiety, learning & practicing deep breathing.

WEEK 2: Brain-Body Connection and Relaxation: Learn about emotions' specific effects on our bodies. Learn & practice effective relaxation techniques.

WEEK 3: Anxiety-Reducing Nutrition & Activity: Reducing some food and drink ingredients & adding others can make a big difference. Increasing fun activities can also lead to success.

WEEK 4: Healthy Sleep: Sleep deprivation negatively affects the brain, leading to personality changes, memory

problems, decreased coping skills, more anxiety & less sleep: a vicious cycle!

WEEK 5: Twisted Thinking Part 1: Rumination, cognitive distortions, and mind 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.

WEEK 6: Twisted Thinking Part 2: More learning/practice to counteract Twisted Thinking.

WEEK 7: Relationships: Learning how to achieve the positive effects of healthy relationships.

WEEK 8: 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/accountability.