



# Manage Anxiety to Build a Positive Mindset

## Course Description

Did you know that science has shown that you can rewire your brain to be more positive just by thinking positive thoughts? Positive thinking helps prevent and control anxiety even during the most worrying of times. This training will uncover the power of a positive mindset and provide practical strategies for beginning your journey to a more positive you.

## Outcomes

- Discover the power of positive thinking.
- Learn innovative and creative ways to manage anxiety when worry and stress are apparent.
- Explore your worry patterns and learn how to start an action plan to build your positive mindset.

## Course Outline

- What is Anxiety?
- The brains response to anxiety
- Unpack how anxiety occurs
- Anxiety in the workplace
- Retrain the Brain
- Identify and stop thinking traps
- Positive Thinking
- Find a place of calm – So we can think clearly.
- Change or Reframe our thoughts – To find more positive thoughts.
- Create a new experience – To replace the old one.