



**Member training:**
**Beyond worry: Supporting yourself or others with anxiety**

**stress**

**May featured training**

**Beyond worry: Supporting yourself or others with anxiety**

Anxiety is one of the most common mental health disorders globally, yet it is often misunderstood. Everyone worries or feels nervous sometimes; this is a normal human response to stress in our environment. However, those fears and worries aren’t temporary for people with anxiety and can even worsen over time. People with anxiety can become overwhelmed by their emotions and have particularly adverse reactions to situations. This session explores some of the science and psychology behind the reasons for anxiety and provides specific strategies to help with worry and anxiety.

Participants will:

* Understand what anxiety is and how it presents differently in different people
* Recognise the physical, emotional and behavioural signs of anxiety
* Identify strategies that help manage anxiety
* Explore how to challenge anxious thinking and structural worry
* Discuss how to reach out and help a friend, family member, or colleague who may be struggling with anxiety

Register for a live one-hour training session or use the on-demand option to watch the session when it’s convenient for you. Training options are delivered in English and are available globally.

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| **Recorded sessions**On demand(no Q&A)[**Watch now**](https://optum-au.webex.com/optum-au/lsr.php?RCID=038ea666a9ff9c5229ceb86cbdbe2d32)**Short on time?****Watch the 10-minute summary** [**here**](https://optum-au.webex.com/optum-au/lsr.php?RCID=6e17b6107d5e274d3f3933229ee201e3) | **15th May**07:00-08:00 BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GV6uQAG) | **17th May**17:00-18:00 BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GV73QAG) | **19th May**13:00-14:00 BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006GV6pQAG) |

**Space is limited for the live training session options, so advance registration is required.**

## Next month’s training will focus on how to support LGBTQI+ employees in the workplace. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its components, in particular services for family members under the age of 16, may not be available in all locations and are subject to change without prior notice.  Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

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