Living with Covid Can Be Difficult

In the past year, a level of constant vigilance has been necessary for all of us. For some of us, this feeling is not dissipating, but growing. Stress has turned into anxiety which overwhelms our thought processes. This leads to feelings of isolation, poor work quality and an overall lack of wellbeing. Worst of all, it just feels difficult to know when to feel safe. This session will focus on how to stop the spiral from taking us to the dark place. Anxiety lives in the future and the unknown. We will discuss how to keep awareness in the now whilst still having a healthy level of awareness of the world around us. We will also learn short and long term ways to reduce our anxiety so we can live happier, healthier lives.

SESSION OUTLINE

- Shining a Light on Intense Fear
- Managing the Anxiety of Being "Out"
- Moving from Reaction to Action
- Anxiety Reduction Techniques
- Reality Checking from a Place of Self-Care
- Useful websites and resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

GWEN JONES (SPEAKER)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.