

April Training Session | Understanding Anxiety

Understanding 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 why of anxiety and provides specific strategies to help with worry and anxiety.

Learning Points

- Explore what anxiety and anxiety disorders are and how they present differently in people
- Recognize the physical, emotional, and behavioral signs of anxiety/anxiety disorders
- Identify strategies to help manage anxiety/anxiety disorders
- Explore how to challenge anxious thinking and structure worry
- Explore how to reach out and help friends, family members, or colleagues who may struggle with anxiety/anxiety disorders

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

Recorded Sessions	April 16 th	April 16 th	April 17 th	April 22 nd
On demand (no Q&A)	7:00-8:00 AM Central (with Q&A)	1:00-2:00 PM Central (with Q&A)	1:00-2:00 AM Central (with Q&A)	11:00AM-12:00 PM Central (with Q&A)
Watch here	Register now	Register now	Register now	Register now

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

Short on time?

Watch the 10-minute summary [Watch here](#)