

# Introduction to Coping with Stress and Anxiety

Being able to support ourselves and others through stressful experiences is a valuable life skill. This 2 hour workshop aims to equip participants with a basic understanding of anxiety and coping skills they can use when anxious or when supporting others experiencing stress or panic.

Participants will learn to:

- Recognise common symptoms of anxiety
- Use brief interventions to reduce stress or panic
- Know when and how to seek professional support

Presented by: Goldie Hamilton, National Manager.

Goldie manages Anxiety NZ's 0800 ANXIETY Helpline, coordinates the Helpline Collaboration Group Aotearoa NZ, and provides nationwide workshops. She has a Masters in Health Psychology and years of experience training and supporting the 0800 ANXIETY Helpline team.

Anxiety NZ Trust is a non-profit charity providing national mental health support, treatment, and education since 1980.

For information about our community education please visit:

[www.anxiety.org.nz/services/community-education](http://www.anxiety.org.nz/services/community-education)

Free 24/7 [0800 ANXIETY Helpline](tel:08002694389) (0800 269 4389)

[www.anxiety.org.nz](http://www.anxiety.org.nz) / (09) 846 9776