



Anxiety Toolbox Webinar Series

Anxiety Toolbox is a **three (3) session seminar** designed to help you cope with the day-to-day experience of anxiety that seems overwhelming at times. The goal of this seminar is to provide education about anxiety, and to teach coping skills for managing anxiety.

Why Should I Attend Anxiety Toolbox?

During these stressful times, many have experienced heightened tension, unease, and anxiety due to the impact of the pandemic and other challenges. Sometimes these feelings can be overwhelming and may interfere with your work or your personal life. The skills taught in the Anxiety Toolbox can help you cope, function more effectively and enhance your wellbeing. As more employees begin to return to work on campus, these “tools” can be especially helpful.

Give Me A Snapshot of Anxiety Toolbox

With Anxiety Toolbox, you will be taught how to recognize common anxiety symptoms, identify situations that might trigger anxiety, develop helpful responses for managing anxiety, and learn additional skills for self-care. The core skills taught in Anxiety Toolbox are based on Cognitive Behavioral Therapy (CBT), and include relaxation skills and cognitive restructuring. Each seminar lasts for **50 to 55 minutes**.

The seminar is skills-based and includes the opportunity to practice skills during each session. Regularly practicing the skills will help you get the most out of the seminar, and there are brief practice assignments you can complete between sessions to help you become more successful at applying what you learn in the seminar. By the end of the series, you will have been taught the knowledge and skills to develop your own personalized plan for managing anxiety.

What Methods Do You Use To Teach The Skills?

The virtual seminar introduces several easy-to-use tools to help you manage a variety of anxiety-provoking situations. These tools include a cross-sectional formulation to help you become more knowledgeable about anxiety symptoms, an identifying triggers worksheet for recognizing anxiety-provoking situations, and an alternative response worksheet to develop different ways of thinking, behaving, and feeling when you are anxious.

Why Does Anxiety Toolbox Use a 3-session model?

Teaching Anxiety Toolbox over the course of 3 sessions allows you enough time to learn the concepts with time to practice between sessions. Keeping it to three 50 to 55-minute sessions allows you to find time in your busy schedule to learn these skills.

Virtual Seminar Series Schedule:

This will be offered in January 2022. Please register for all 3 sessions, but if you cannot attend one of the dates, you may register for that corresponding session in a future series. Sessions will be limited to 50 participants.

- THURSDAYS – January 13, January 20, and January 27, at **1:30pm** [Register here](#).

**For questions, contact the Emory Faculty Staff Assistance Program (FSAP)
at 404-727-WELL(9355) or email @ efsap@emory.edu.**