



UNIVERSITY OF  
BIRMINGHAM

# Managing Stress & Anxiety

A support group for students experiencing high levels of stress or anxiety to explore coping strategies.



## What will the group cover?

This is a support group which will allow time to talk and explore our stresses but we will also cover the following:

- Physical aspects of anxiety and how to ease these.
- How anxiety affects our behaviour.
- Thinking styles and how to manage difficult thoughts.
- How to manage difficult feelings

Sessions include working individually and in pairs, small group work, exercises and general discussions.

A pre-assessment meeting with the group facilitator to ensure that it is suitable for you will be required.

## This group will help you...

Listen and talk honestly about what it's like for you to experience your individual challenges.

Give and receive support to one another in a confidential space.

Learn and discover things about yourself, even though this might be uncomfortable at times.

Get involved through talking in pairs and small groups, as well as engaging in a variety of therapeutic activities.



# When, where and how...

The group is held on Wednesdays in the *Beale Room (near the Aston Webb Student Hub)*, from 13:30-15:00 on:

- 6 November 2019
- 13 November 2019
- 20 November 2019
- 27 November 2019

To book onto the group, please use the Formstack booking form on the Student Intranet:

*[intranet.birmingham.ac.uk/wellbeing/workshopsandgroups](http://intranet.birmingham.ac.uk/wellbeing/workshopsandgroups)*

For any further queries, please contact:

*[cw-workshops@contacts.bham.ac.uk](mailto:cw-workshops@contacts.bham.ac.uk)*

# Who is this group for?

This group is for students who:

- Struggle or have struggled with stress and anxiety
- Are not actively self-harming or suicidal
- Are available for every session
- Feel comfortable(ish!) talking and participating in group discussions.

# Top tips to remember...

Remember everyone will be nervous, not just you. It's normal!

You will never be made to talk if you don't want to but the more you take part, the more you'll benefit from the sessions.

The group is confidential and everyone is always respected.

Please make sure you attend all 4 sessions. Change involves a commitment both to yourself and to the others in the group.

