

# Contents

Contents	3
Introduction	4
INTRODUCTION — 5 minutes	5
WHAT IS ANXIETY AND GAD (GENERALISED ANXIETY DISORDER)? — 20 minutes	6
COPING WITH CHANGE — 20 minutes	7
HOW TO DEAL WITH GAD — 15 minutes	8
HANDOUT 1 — 3-Point Plan	9
HANDOUT 2 — Change in My Daily Routine	10
HANDOUT 3 — Coping with Anxiety and Worry	12
Contact Us for Resource Packs and Services	13