

# The Anxiety Management Program™



**A Proven Assessment and Skill Intervention  
System for Anxiety Management**



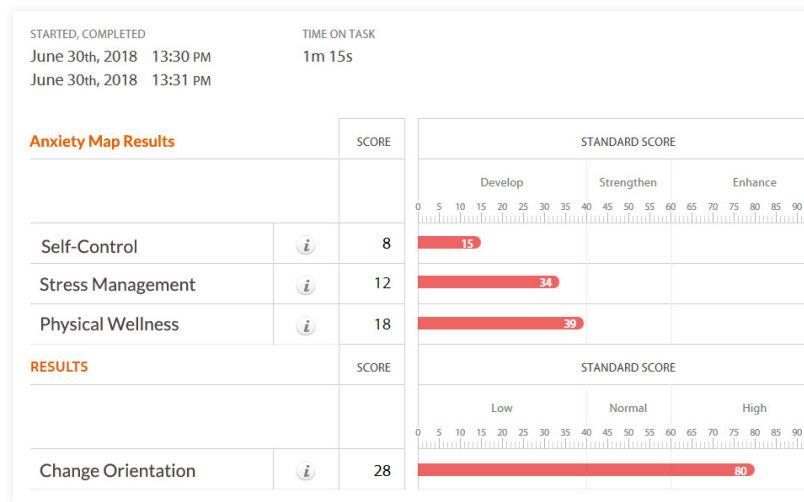
**Onsite and distance learning  
anytime, anywhere and on any device.**

If fear and worry are left unchecked, the result is anxiety. Anxiety is a feeling of fear and worry, typically about an event or uncertain outcome. When anxiety and resulting depression overtake our lives, it can impact our health, our relationships and even our personal success in school and the workplace. *The Anxiety Management Program* teaches how to manage anxiety through learning self-control, managing stress and improving physical wellness.

## The Anxiety Management Map

*The Anxiety Management Map* is the core assessment in this program. This map looks at self-control, stress management and physical wellness, and shows individuals their current level of skill in these areas.

In addition to these three key abilities, the Anxiety Management Map emphasizes the importance of change orientation, which is the degree to which one is motivated for change. This scale is a reliable predictor of the potential for success through training.



***Fear and worry are the building blocks of anxiety and depression.***

## Skill Intervention System

*The Anxiety Management Map* tells individuals their starting points on their journey to managing anxiety. Once individuals know their strengths and weaknesses, they can begin to build these skills through the *Skill Intervention System* included in the program.



**Self-Control** – The battle between the cognitive (thinking) and the emotional (feeling) brain. Logic and reason are part of the cognitive brain, while fear and worry are part of the emotional brain. This intervention unit covers the psychology of self-control, emotions, assertion, how to develop self-control, develop your habits, and the impact of self-control.

**Stress Management** – Stress is the trigger for anxiety. Stress management teaches how to manage stress and anxiety. It covers the importance of stress management, destructive thinking, constructive thinking, self-control and how to conquer and harness stress.



**Physical Wellness** – Taking care of one's body through proper diet, rest and exercise. Self-control and stress management involve thinking while physical wellness involves action. Physical wellness is a critical key to managing anxiety and is often overlooked. It includes self-responsibility, elements of exercise, wellness pitfalls, the side effects of physical wellness, diet, and how to increase your chances of success.



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