

Coming Home:

HOW TO CARE FOR YOUR ANXIETY



An *e-course* dedicated to deepening your understanding of anxiety by providing knowledge + strategies to empower you to care for self.





Welcome, Friend

We are so thrilled that you have arrived at this safe space.

We wholeheartedly understand the painful, frightening, debilitating and often exhausting experience of anxiety. It can often feel like a never-ending battle, like you are trapped in your mind.

You're not broken and anxiety is not something you need to fix or get rid of. *Anxiety is the wisdom of your body keeping you safe* when the world feels scary.

The reality is life can be overwhelming at times and so we want to walk you through practices that expand your capacity to cope during these times.

We want to assist you on your journey in giving anxiety a safe home to drop into when it's storming outside - knowing that however bad the weather, you always have a warm, safe and supportive home to come back to.

Aimee + Kat

Acknowledgement of country.

We respectfully wish to acknowledge the traditional custodians of this land in which we gather and work today, the Dharawal and Awabakal and Worimi peoples. We pay deep respects to the Elders past and present of the land on which we live and work.

We acknowledge that sovereignty was never ceded in this country.

We invite you to take a moment to pay respects to the elders, the traditional owners and First Nations people of the lands which you are on in this moment.

E-Course Schedule

WEEK 1. INTRODUCTION

What is Anxiety?

WEEK 2. PHYSIOLOGICAL IMPACTS

The Nervous System

WEEK 3. SOMATIC IMPACTS

Trauma + the Body

WEEK 4. COGNITIVE IMPACTS

Core Beliefs+ Triggers

WEEK 5. CARING FOR ANXIETY

Building the Foundations

WEEK 6. MOVING FORWARD

Self-Compassion



How to use these handouts:

These handouts should be used alongside the videos and are designed to provide the majority of the information.

Each week you will receive a handout, a video overview of the course and one or two weekly activities to be practised.

These handouts are sequential in nature, and we recommend that you set time aside each week to go through the course as well as reading the handouts.

This course is self-paced and you can come back to this at anytime you need. We do recommend finding a comfortable and private area to complete the course.



QUESTIONS?

WWW.THEPSYCHCOLLABORATIVE.COM.AU

HELLO@THEPSYCHCOLLABORATIVE.COM.AU

Disclaimer:

Please read the disclaimers at the end of this booklet carefully.

If at any time you feel triggered during the content, we strongly recommend stopping this course. This course is not and nor will ever be in replacement of any health service, clinical service and is not to be used as a diagnostic tool or in replacement of personalised psychological support.

About us.

We are both practising clinicians in Australia who work full time within our private practice, *The Psych Collaborative*.

Kat is a registered Psychologist whose areas of passion include working with clients who present with anxiety, adult Attention Deficit Hyperactivity Disorder and personality disorders. Kat works in a cognitive-behavioural and trauma-informed framework to fully understand how your story and lived experience have created your sense of self, including your thoughts, feelings, and behaviours.

Kat works predominantly with clients who have presentations of generalised anxiety disorders, such as social anxiety and panic disorders, and has a passion in supporting clients in their journey to feel empowered through knowledge, normalisation and self-compassion for their anxiety.

Aimee is a registered Clinical Psychotherapist and has extensive experience and a special interest in trauma, attachment and work around the 'self'. Practising under a psychodynamic framework, Aimee believes that your feelings, motives, behaviours and decisions are powerfully influenced by past experiences and unconscious adaptive coping strategies. Healing focuses on empowerment and connection as we walk through a deep process of self-exploration to uncover unconscious patterns that may be keeping you stuck. Aimee predominantly works with anxiety in relation to anxious attachment styles, people pleasing, perfectionism, body image, co-dependency and complex developmental trauma to heal unhealthy relationship patterns with self and others.



Why did we create this course?

Our aim is to make evidence-based information and strategies accessible to everyone.

We know not everyone has the privilege to access support networks and good quality evidence-based information.

We hoped to turn this information about complex processes into an easy to understand and digestible way to empower you to expand your understanding of your own lived experience.

Anxiety is a core part of being human and it is essential to our existence. As clinicians we see a lot of people struggling with the often overwhelming experience of anxiety and it can lead to people feeling stuck in unhelpful patterns.

We wanted to create a space to thoroughly unpack and understand how anxiety functions and how we can look after ourselves during these times. We want to provide psychoeducation and strategies that can help to support you.

We want to empower you to see anxiety as something you can care for, that with the right information, skills and compassion, anxiety can even be an ally for self-growth.



WHAT YOU RESIST,
PERSISTS
– CARL JUNG

Who is this course for?

No one goes through life untouched by anxiety, so if you're human this course is for you.

This course is for anyone who has been curious about anxiety, anyone who has ever struggled with anxiety or anyone who wants to better understand the experience of a loved one coping with anxiety.

This course may also be helpful for anyone who is not ready to try therapy, who wants to use this alongside therapy or is just wanting to learn more about their unique experiences of anxiety.

During the course you will learn about the physiological and neurological responses to anxiety - how anxiety shows up in your brain and body. You will also learn practical and evidence-based strategies to support your anxiety so you feel more in control, empowered and compassionate towards your anxiety.

ANXIETY IS NOT
SOMETHING TO FIX OR
GET RID OF, IT'S
SOMETHING TO CARE
FOR



Summary.

We know that you will take away something from this course, whether it be a greater understanding of your anxiety, a deeper knowledge around your wonderful body and brain or a few strategies to add to your toolkit.

We hope you leave feeling empowered, self-compassionate and armed with understanding of how to turn towards and care for your wonderful protector, anxiety.

Welcome home,

Kat + Aimee



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Other Content Mentioned

There are other resources mentioned within this course (such as books and guidelines). These are mentioned in the spirit of being helpful and providing further resources or research beyond the courses. Please note that the authors do not receive benefit from suggesting these resources and has no professional or personal relationship or conflict of interest in making these suggestions. You recognise that none of these suggestions is an endorsement by the authors. You recognise that the authors are not responsible for the accuracy of information by other parties. You acknowledge that acting on any of these suggestions is your own personal choice, rather than a direction by the authors. It is your responsibility to conduct your own investigation to determine the suitability of any other resources.

Contact

You are welcome to contact us at the details provided in the beginning of this booklet