

# CPD

## Understanding Anxiety

Are you looking to increase your understanding of anxiety by completing an anxiety training course? This short, auto-marked programme will give you the knowledge you need to understand the causes and effects of anxiety, along with its management.

### **Section 1: The meaning of 'anxiety' and 'panic attack'**

In this section, you will learn what is meant by the terms 'anxiety' and 'panic attack'.

### **Section 2: Causes of anxiety**

You will study the possible causes of anxiety in this section.

### **Section 3: The effects of anxiety**

This section covers the physical and emotional symptoms of anxiety and the effects of anxiety on an individual and their family and friends.

### **Section 4: How ways of thinking and behaving affect anxiety**

You will look at what happens in a cycle of negative thinking, how an individual's personality and outlook on life can increase or decrease anxiety and the effects of positive thinking.

### **Section 5: Anxiety management and support**

In this section, you will cover examples of self-help for anxiety, activities to manage anxiety, and local support and treatment.