

Media statement

25 September 2018

Free workshop helping locals to take charge of anxiety

If your stress and anxiety levels are a barrier to daily living and enjoyment, don't ignore it, learn how to manage it, at the Sunshine Coast Hospital and Health Service (SCHHS) *Managing Anxiety Program* (MAP) in Maroochydore.

SCHHS social worker Christine Hegerty said learning how to manage anxiety is the key to controlling it.

"The Managing Anxiety Program teaches participants how to stay afloat when waves of anxiety start rolling in and how to surf them to safety," Ms Hegerty said.

"Learning how to disarm anxiety provoking thoughts and problem solve, helps participants take charge and reclaim happiness."

Anxiety is an extremely common condition, with one in four Australians experiencing it at some stage in their life.

"No-one is immune from anxiety as it affects people of all ages, genders, occupations and social standing," Ms Hegerty said.

MAP is a free, four-week program that requires participants to attend a two-hour session each week. Participants learn a range of anxiety management techniques from a qualified team of social workers.

The program has been delivered on the Sunshine Coast for 13 years and has benefitted hundreds of locals.

The next MAP will be held:



When: Friday October 11, 9:30- 11:30am

Where: Maroochydore Health Hub, 60 Dalton Drive, Maroochydore

A GP referral is not necessary, but bookings are essential and limited, to register Ph: (07) 5202 9510.

ENDS

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