Get Your Happiness on Track

With the festive season behind us and the new year ahead, it's a perfect time to get your happiness on track and to manage stress and anxiety.

Christine Hegerty, Social Worker, Sunshine Coast Hospital and Health Service (SCHHS) recommends that people who regularly experience stress and anxiety should kick start 2020 by attending the Managing Anxiety Program (MAP).

Ms Hegerty said: “Learning to manage anxiety is the key to controlling it.

“MAP teaches participants how to stay afloat when waves of anxiety start rolling in and how to surf them to safety.

“Learning how to disarm anxiety provoking thoughts and problem solve, helps participants take charge and reclaim happiness,” she said.

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

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

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.

MAP has been delivered locally for 13 years and has benefitted many hundreds of people.

The next MAP will commence on Monday 10 February, 9:30-11.30am at the Maroochydore Health Hub, 60 Dalton Drive, Maroochydore.

A GP referral is not necessary, but bookings are essential and limited, so don’t delay, register today. Ph: (07) 5202 9510.

ENDS

MEDIA OPPORTUNITY

Media are invited to interview Christine Hegerty about the Managing Anxiety Program.
Sunshine Coast
Hospital and Health Service

Media statement

When: Wednesday 15th Jan 10:00am
Where: Maroochydore Hub, 60 Dalton Drive, Maroochydore

Media contact: Alexia Kelly | Alicia Temple 5202 0083