



Coping with Stress and Anxiety

Course No 133

This interactive course will help attendees to understand what anxiety is, and will outline some simple yet very effective ways of managing anxiety. The attendees will also learn about the various causes of anxiety and the cycle of anxiety, and the difference between anxiety and stress. There will be an in depth discussion on how to find ways of breaking the cycle, with a spotlight on mindfulness, and challenging unhelpful thoughts. This very useful course is ideal for persons who are trying to cope with the current pandemic circumstances and will help them to cope with the current environment as well as with life's stressful everyday circumstances.

Sample Topics Covered:

Understanding stress and anxiety

- Definitions
- Types of stressors and triggers
- Internal and external triggers
- Automatic thoughts
- Stress cycle - thoughts, behaviours, feelings, physical symptoms

Stress in relation to COVID

- Living with uncertainty
- Concern about the future
- Trying to cope in abnormal situations

Coping skills for anxiety and stress

- Basic coping skills and self-care
- Soothing coping skills
- Challenging automatic thoughts

Managing the pandemic anxiety

- Coping with uncertainty
 - Establishing a "new" normal
 - Reflection
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General Information

Time: 13.30 - 16.00hrs
Venue: Malta Stock Exchange
Subject to COVID-19 related restrictions
Online
Level: Introductory

Schedule

Duration: 2.5 hours
Dates: 24 February
 27 October

Target Audience

People who are currently trying to cope with the pressures placed by the circumstances created by the pandemic. Employers may also wish to run this interactive course for their staff on a bespoke basis.

Registration fee: **€75 per participant**

- Full time student (50% discount)
- Senior citizen (50% discount)
- Group booking of 4 or more applicants from the same Organisation (10% discount)

Applications are to be made by clicking the **'apply now'** button and completing the online application process.

Malta Stock Exchange Institute Ltd.

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Lecturer

Dr Emma Pace



Dr Emma Pace is a counselling psychologist working and living in Glasgow, Scotland. She completed her doctorate in Counselling Psychology from Glasgow Caledonian University and is currently working for the NHS as well as running a private practice under the brand Paceaofmind. She has experience working with people who struggle with many types of moderate to severe mental health difficulties. Emma is also passionate about sharing her expertise with others through education and training.

Cheques to be made payable to: Malta Stock Exchange Institute Ltd.

Payments by bank transfer

Bank: Bank of Valletta plc
IBAN Code: MT04VALL22013000000040025119059
IBAN BIC: VALLMTMT

Kindly insert your NAME, SURNAME, ID CARD NUMBER and COURSE NUMBER in the transaction narrative.

This application is to be accompanied by payment or proof of payment by bank transfer.