



ANXIETY



Product Syllabus:

- What is anxiety
- When anxiety becomes a problem
- Effects
- Symptoms
- Contributing factors
- Parental behaviour
- Triggers
- Health issues
- Diet
- Smoking
- Caffeine
- Anticipatory anxiety
- Situational anxiety
- Generalised Anxiety Disorder
- Social phobia
- Panic Disorder
- Agoraphobia
- Specific phobias
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Consequences
- Treatment
- CBT
- Exercise
- Relaxation
- Sleep
- Breathing techniques
- Herbal remedies

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