

MANAGING YOUR ANXIETY



Starting Group Dates

January 30, 2023

April 3, 2023

June 5, 2023

Contact Us

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According to the National Institute of Mental Health, 31% of adults in the U.S. suffer from some form of anxiety disorder at one point or another in their lives. As anxiety continues to spread, with its ability to significantly affect our mental well-being, work life, and interpersonal relationships, it is important to understand what this mental health disorder actually is. In a recent nod to this understanding, and the nation's pressing mental health crisis, an influential group of medical experts for the first time is recommending that adults under age 65 get screened for anxiety.

Learning to manage your anxiety is key to living a healthy life, both professionally and personally. It is also critical in being able to have healthy, productive relationships. People with high levels of anxiety are at increased risk of burnout, depression, and substance use disorders, as well as other physical health ailments.

Whole Professional's unique anxiety management program can help by bringing participants unique tools to understand and manage their anxiety.

This program is geared to the schedules of professionals and operates on a virtual platform.

\$750 PER PERSON

- **EIGHT WEEKS**
- **Weeks 2 – 7:**
1 Hour Program
(Tuesdays or Thursdays)
8:00am – 9:30am
- **First and Final Weeks:**
Monday-Friday
8:00am – 9:00am
- **Maximum group number: 12**
- **Aftercare:** Ongoing Individual Therapy (additional fees apply)

OUR PROGRAM OFFERS:

- An understanding of the importance of the mind-body connection in managing your anxiety
- Help in identifying your anxiety triggers before they can overwhelm you
- New tools for managing your anxiety in a healthy way
- New insight into the causes of your anxiety
- New coping strategies for the situations that trigger your anxiety
- Exploration of what “threat response” anxiety really represents
- Two, week-long meditation intensives (one hour a day)
- One and a half hour-long program conducted in early mornings, once a week, for eight weeks
- Maximum group number: 12
- Aftercare Options
 - Ongoing Individual Therapy (additional fees apply)
 - Ongoing Group Therapy Support Group (additional fees apply)

WHY GROUP THERAPY?

Group therapy is an excellent way for people suffering from anxiety to deal with its challenges. By being around those with a similar condition, people are able to get the support they need and find comfort in the fact that they are not alone. Together as a group facilitated by a trained psychotherapist, they are able to learn, help each other and find new ways to deal with their challenges.

ABOUT WHOLE PROFESSIONAL

Whole Professional is a multidisciplinary, therapeutic consultancy dedicated to the mental health and well-being of busy, high-performing professionals in the legal industry. With a team consisting of professionals from the legal, business, medical, and mental health fields, we provide services in individual and family counseling,

addiction and recovery treatment, medication management, nutrition, yoga, and recreational therapy. This holistic approach is designed to address the “Whole Professional,” enabling them to return to and maintain mental health, well-being, and maximum performance.

WEEK 1

The Body Keeps the Score Daily Meditation for One Week

Scientists now have more evidence than ever before revealing the intimate, intertwined relationship between the mind and body. Anxiety actually begins in your body and understanding what’s going on in and achieving a felt sense of your body is crucial to being able to manage your anxiety. The first week of daily meditation will introduce you to this concept, as well as provide you ways in which to feel more comfortable and relaxed in your body.

WEEK 2

Why is Anxiety So Physical?

Anxiety, fear, and worry trigger your fight-flight-or-freeze response, which then triggers those distressing symptoms like feeling nervous, rapid breathing, sweating and trembling. We help you understand your physical response and what’s behind it, which is key to learning how to best manage it.

WEEK 3

The Science of Feeling Safe

Did you know that anxiety is a feeling of fear in response to a perceived threat, and usually comes along with thoughts or beliefs that this situation is beyond our resources or ability to cope? Our therapists will explain the “science of feeling safe” to help you better understand your challenges and give you a foundational framework for new ways to support them.

WEEK 4

Skills Not Pills

Medication has its place in mental healthcare, but the first step in self-care is learning new skills to manage your anxiety. **Whole Professional will provide you a toolbox of skills to manage your anxiety.**

WEEK 5

Mind the Gap

Self-regulation is the ability to manage distressing emotions and destructive impulses by pausing before you react to situations likely to trigger a knee-jerk reaction. We will teach you the mindfulness practices and skills to create that gap between reaction and response.

WEEK 6

Interpersonal Support

Many of us turn to our loved ones for support when we are feeling stressed out, distressed, or anxious. Whole Professional will help you learn to provide and receive social support (emotional and psychological assistance from others in our lives) that is considered essential to our survival.

WEEK 7

Moving Forward

You’ll now have the basics and creating a plan for managing your anxiety and stress is key to success. Our therapists will help you with your goals and concerns.

WEEK 8

The Body Keeps the Score – Part II Daily Meditation for One Week

Armed with the knowledge of the previous weeks, you’ll reconvene for daily meditation sessions for the final week to better understand the mind-body connection. People with anxiety often learn to cope/survive with anxiety by not noticing what’s going on in their bodies but understanding the body’s response is key to managing it. Meditation can produce a deep state of relaxation and a tranquil mind as you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress and anxiety.