

**Date: 30<sup>th</sup> July 2026**

### **Well in Work - Managing Worry: a six-week CBT course**

Are you finding yourself worrying more than you'd like?  
Do you struggle to switch off, overthink situations or feel  
anxious about the future and the "what ifs"?

Occupational Health is offering Managing Worry, a structured six-week Cognitive Behavioural Therapy (CBT) course designed to help colleagues better understand and manage anxiety and excessive worry.

#### **What will you learn?**

Over six weeks, participants will:

- Identify the patterns and behaviours that keep worry and anxiety going
- Understand why uncertainty can fuel anxiety and worry
- Build confidence in managing uncertainty and the "what ifs"
- Reduce unhelpful habits such as overthinking, avoidance, checking and reassurance-seeking
- Learn practical, evidence-based strategies to manage worry more effectively
- Develop skills to tackle both current problems and future-focused worries
- Create a personalised plan to maintain progress and manage setbacks

The course combines information, practical exercises, group discussion and activities to help participants apply new skills in everyday life. Between-session practice is encouraged to build confidence, strengthen resilience and support lasting change.

#### **Who is the course for?**

The course may be beneficial if you:

- Frequently find yourself worrying or overthinking
- Feel anxious, tense or constantly "on edge"
- Find uncertainty difficult and often ask "what if?"
- Would like practical tools to help manage anxiety more effectively

#### **Places available**

Places are limited to 12 participants per cohort to provide a supportive and interactive learning experience.



Following an expression of interest, colleagues will be asked to complete a short triage form to help determine whether the course is the most appropriate support for their needs.

Participants will also be asked to complete a small number of standardised questionnaires before and after the programme. These will help evaluate the effectiveness of the course by measuring areas such as anxiety, worry, wellbeing and day-to-day functioning, supporting future service development.

To find out more or express an interest, please contact: [wuth.occupationalhealth@nhs.net](mailto:wuth.occupationalhealth@nhs.net).