

Managing Anxiety

Visual Tools & Experiential Approaches

5th October 2026

Reference to Solution Focused Brief Therapy (SFBT) Cognitive Behaviour Therapy (CBT), Choice Theory & Mindfulness

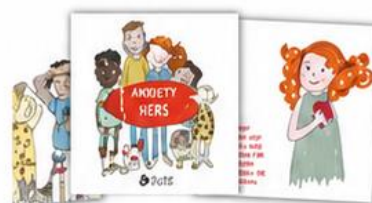


CONTENT ELEMENTS

- **Anxiety – what really happens in the Brain and Body.**
- **Skills for Managing Anxiety:**
 - meta-cognitive skills (thinking about how we think)
 - deliberate attentional control
 - anxiety (getting in the driver's seat)
 - body connection, increasing tolerance and distraction
 - visual resources to understand and manage Anxiety
- **Hands-on Experiential activities with a variety of Visual resources**
- **Experiential Approaches to Anxiety Management:**
 - including counting, colouring, movement, letting tapping, alphabet tracks, music, drawing, affirmations
 - biomimicry (copying the natural world)
- **Strengths-based, solution-focused brief therapy**
 - skills including reframing, normalising & externalising questioning techniques



*Anxiety Solutions for
Young people and Adults cards Set*



*Anxiety Solutions
for Kids cards Set*



RELATIONAL RESOURCES TEAM

At Relational Resources, we are a team of experienced professionals including counsellors, educators, and family specialists with a shared passion for supporting mental wellbeing.

For over 15 years, we have partnered with schools, families, and organisations to deliver practical, evidence-informed resources that foster regulation, resilience, and meaningful connections.



Anxiety is the most common mental health concern in the world, affecting people of all ages. Early support, understanding, and connection can make a real difference.

– World Health Organization (WHO)

..... Training is delivered by Relational Resources.



Proven Partnership

Relational Resources is a trusted partner of Innovative Resources, working together for over 15 years.



Extensive Experience

Over 15 years of experience designing and delivering team training that builds skills, confidence, and connection.



Team of Professionals

Our multidisciplinary team brings expertise, real-world insights, and practical strategies to every training session.

Practice

The tools and strategies used in this workshop draw on strengths-based approaches to practice, Solution Focused Brief Therapy (SFBT), Mindfulness, Cognitive Behavioural Therapy (CBT), brain research, Choice Theory and Positive Psychology. The 50 activities used in *Anxiety Solutions for Kids* are based on techniques used for many years with adults, youth and children by consulting psychologist, Selina Byrne M.A.P.S.



Audience

This workshop is for child, adults, youth and family workers, teachers, counsellors, mental health workers, pastoral care workers, parents and anyone who supports children and young people.

Participants in this workshop will take away a range of strategies to support themselves or others in managing anxious thoughts and feelings, whether at home, at school, at work or within formal counselling settings. Participants will also receive the assurance of knowing the practice base from which these strategies arose.

Resources used in the Workshop

Choosing Strength Cards



Body Signals cards



The Bears card Set



Anxiety Dolls – To be shared during the workshop



Details



Mode of Training
ONSITE



Date
5th October 2026



Time
2:00 pm to 5.30 pm

(Workshop ONLY)

Early Bird: S\$225.00 (Expires 23rd Sep 2026)
Normal Price: S\$255.00

(Workshop + Anxiety Card Set)

*Participants will get to pick their chosen card set
A) Anxiety Cards for Young Teens & Adults
B) Anxiety for Kids

Early Bird: S\$295.00 (Expires 23rd Sep 2026)
Normal Price: S\$325.00



Group discounts:
3–5 participants – 5%
6 or more participants – 8%

*Workshop can be considered for
CCF funding as a non pre-approved course.*

For further enquiries, please call

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Relational Resources
Connecting Lives. Building Relationships.