

Learner Plan

Tutor: A Ashburton

Learner Name: Elizabeth South

Date: 00/01/2022

Course Code: HL22T1234

Course Title: Start managing Anxiety **Course Aim: This course is for those who feel anxiety is preventing them from enjoying life.**

| Course Objectives | How I feel at the START of the course (Please circle one) | How I feel at the END of the course (Please circle one) | Learner Comments Comment on your progress and achievement | Tutor Comments |
|---|--|--|--|---|
| 1. Describe what anxiety is and why we experience this | 1 2 3 4 5 | 1 2 3 4 5 | Know more about the brain now and understands why we need it | You shared that you get a little too anxious due to a few medical conditions. This can make socialising difficult so inclined to stay at home which is not good for them |
| 2. Recognise negative automatic thoughts and understand where they come from | 1 2 3 4 5 | 1 2 3 4 5 | Thank you for your honesty, kindness and helpful comments. I feel I've already changed how I respond a little to him today. He hasn't apologised but I do feel a beneficial difference. | Remember not to always assume there will be problems as this is not always the case. You had a difficult childhood and had a light bulb moment when WX mentioned being lonely at school |
| 3. Identify cycles of behaviour and how these can be changed | 1 2 3 4 5 | 1 2 3 4 5 | I look for difficulties rather than positives, now I have some tools to stop that. | Keep challenging yourself to feel more positive instead of expecting difficulties |
| 4. Identify tools/techniques that can be used to manage anxiety in 2 different situations | 1 2 3 4 5 | 1 2 3 4 5 | I used STOPP idea today. Helpful! Thank you for telling us about it. Today went well, although we disagreed, I agreed to differ and walked away. | Great that you are feeling more positive |
| The following are my agreed Individual Learning Goals for the course | | Achieved? Yes/No | Learner Comments | Tutor Comments |

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| 1.I'm anxious about my partner's moods and how to respond. | Yes | Some improvement in managing situations | Beginning to agree to differ. Can walk away rather than respond to negative reaction from others. |
| 2. I have a lot of "what if thoughts" which build up and can lead me to not doing things I've planned | Some improvement | Volunteering now, is 'Sunshine' person for local group. This involves sending birthday cards, writing notes etc. to people who need to feel someone cares. | Felt course was beneficial. |