

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

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.