

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



MANAGING ANXIETY IN 2022

Through these workshops, we explore the word anxiety and what this word means to us. In our lives, we interpret thoughts and feelings very differently; everyone is unique. In the four workshops, we focus on uneasiness, worry, and fear. We explore and discover how we are affected physically, what anxiety feels like, what triggers our anxiety, and what makes it go away. We delve deep into our worries, what this word means and how we can focus our minds differently. We will include areas like our stressors, habits, bravery to consider what we can do to help our anxiety.

The workshop is split over four sessions on:

- Monday 7th November: 8pm to 9.30pm
- Monday 14th November: 8pm to 9.30pm
- Monday 21st November: 8pm to 9.30pm
- Monday 28th November: 8pm to 9.30pm

“The Thrive workshops looked really, really good – something to help RAF spouses find their own value and self-worth, leading to better employment prospects. I found the whole course really useful and would like to thank the RAF Benevolent Fund for supporting us in this way.”

RAF spouse, Thrive Programme attendee

Please apply by Monday 31st October as places are limited. The workshops are free for spouses/partners of serving RAF and require internet access. For more information visit: **rafbf.org/thrive**