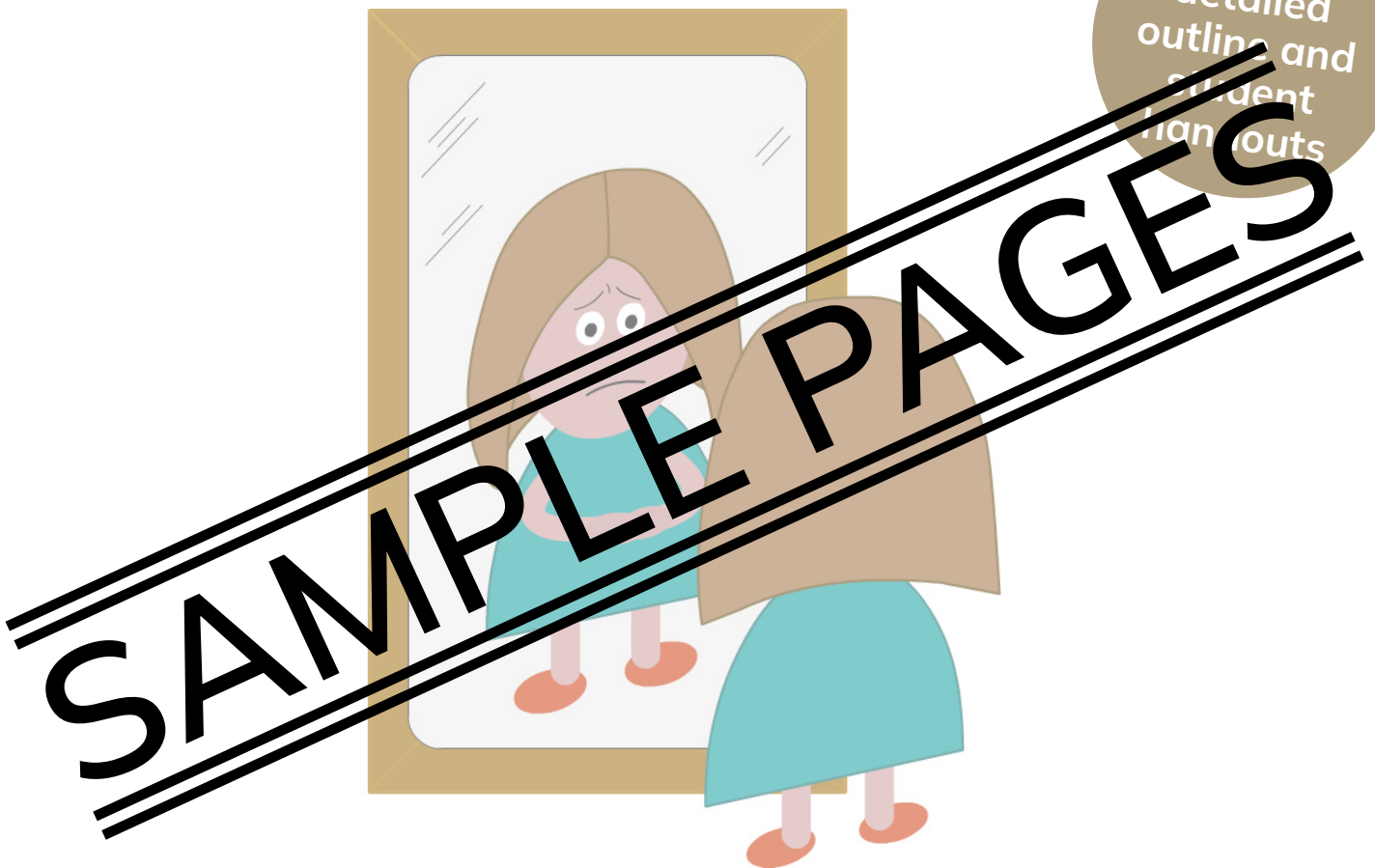


GENERALISED ANXIETY DISORDER

Includes
detailed
outline and
student
handouts



Contents

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- 4 Introduction
- 5 LESSON INTRODUCTION (5 minutes)
- 6 WHAT IS ANXIETY AND GAD (GENERALISED ANXIETY DISORDER)? — (20 minutes)
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- 8 HOW TO DEAL WITH GAD (15 minutes)
- 9 HANDOUT 1 — 3-Point Plan
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- 13 Contact Us for Resource Packs and Services