

OVERCOMING ANXIETY

REASSURING WAYS TO BREAK FREE FROM
STRESS AND WORRY AND LEAD A CALMER LIFE

GILL HASSON

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Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2025-10-28 Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention The Department of Health advises that one in four people will experience a mental health issue at some point in their lives Although a number of recent developments and initiatives have raised the profile of this crucial issue employers are experiencing challenges in promoting the mental health and wellbeing of their employees Mental Health Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments providing all involved with informative and practical assistance Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing shifting employer and employee attitudes on mental health possible solutions to current and future challenges and more Detailed real world case studies illustrate a variety of associated concerns from both employer and employee perspectives This important guide Explains why understanding mental health is important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective wellbeing strategy Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features

resources for further support if experiencing mental health issues Introduces the concept of being an active bystander and its role in creating a safer and more inclusive workplace environment Includes up to date links to relevant research and websites for further reading and support Mental Health Wellbeing in the Workplace Second Edition is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing and those looking for guidance in managing staff with mental health issues

Happiness Gill Hasson,2018-08-20 Get into the habit of being happy We may all have different abilities interests beliefs and lifestyles beliefs but there is one thing that we all have in common We want to be happy Happiness shows you how to be happy by adopting lifelong happiness habits that bring and fulfilment and pleasure to your days These habits will help you manage life s inevitable ups and downs consistent practice will develop your happiness abilities and help you live the happy life you want Aristotle believed that happiness was comprised of pleasure and a sense of life well lived Today s research agrees suggesting that happiness is defined by your overall satisfaction with your life as well as how you feel from day to day This book shows you that happiness is a skill made up of a particular set of habits that you can bring in your life starting today Identify your own personal definition of happiness Learn why we need to be happy and what often gets in the way Develop habits that help you create and maintain happiness long term Learn how to be happy when you re stuck in an unhappy situation Discover the often overlooked happiness that surrounds you every day While happiness is not feeling good all the time you do have the ability to control how you feel Happiness gives you the skills and perspective to recognise happiness and pursue a happy life whatever that may mean for you

Lonely Less Gill Hasson,2021-08-02 Explore strategies ideas and advice for overcoming loneliness Anyone whatever their age gender culture or abilities can find themselves separate and disconnected from others and feeling lonely If you feel lonely you are lonely And it s not nice But your situation can change for the better In Lonely Less How to Connect with Others Make Friends and Feel Less Lonely bestselling author Gill Hasson delivers practical strategies you can implement immediately to counter loneliness and connect with other people The book recognises that as social beings we each need to interact with others to connect in positive ways and feel that we are understood that we belong and are valued by others It offers A guide to meeting new people and making friends Advice on how best to fit in with others Ideas on how to spend time alone Recommendations for keeping connected when working from home Expert advice on managing existential loneliness the disconnection that can follow a traumatic experience Whether you re looking to empower yourself or help someone else Lonely Less is a must read in order to better connect with others take part in social activities make friends be understood and feel a sense of belonging

Moments of Comfort Gill Hasson,2021-10-21 Slow down and enjoy life s special moments Moments of Comfort Embracing the Joy in Life s Simple Pleasures is a beautifully illustrated book that delivers the little moments of warmth reassurance hope and optimism that every so often is just what you need to get through the day The perfect antidote to a difficult day or a long week Moments of Comfort explains why the small pleasures and shots of joy are so important and

offers advice perspectives insights and ideas into how you can include them in your everyday life In this book you ll get Practical ideas and insights into how you can take advantage of more of life s simple pleasures Guidance on how you can find more peace encouragement and connection in the world around you Advice on finding the strength to keep going through the difficulties challenges and tough times in life Ideal for anyone looking for some encouragement and enjoyment in their life Moments of Comfort is a perfect gift for someone you know who might need some support and reassurance inspiration and hope right now And of course that someone could be you *Mindfulness Pocketbook* Gill Hasson,2020-07-16 Develop balance and harmony in all areas of life through mindfulness The second edition of the Mindfulness Pocketbook Little Exercises for a Calmer Life brings you exercises and practices to achieve greater balance and harmony in all areas of your life You ll find new ideas for enjoying nature being mindful at work staying physically active and encouraging creativity With this book you can discover how mindfulness opens you up to new ideas and fresh ways of doing things You ll have a new approach to reducing stress and increasing your enjoyment This revised edition of the bestselling Mindfulness Pocketbook shares guidance on new paths to living more harmoniously Be mindful in the outdoors communing with nature Use mindful techniques to enhance creativity Practice mindful physical activity for a healthy body and mind Add mindfulness to your workday The new section in this pocketbook edition encourages you to treat yourself to small pleasures learn a new skill and take time for relaxation and holidays A calmer more balanced life is closer than you think *Career Finder* Gill Hasson,2021-03-08 DISCOVER THE CAREER THAT IS RIGHT FOR YOU The quest for the work and a career that s right for you that s fulfilling and that you enjoy is a process of discovery It involves learning about yourself and finding out about the wide range of work and careers available And it involves finding out how best to access the work or career you re interested in TAKE CONTROL AND DO WORK YOU LOVE Whether you have no idea what work or career you want to do or there s too many options and you can t decide Career Finder will help you discover what s right for you and how to go about achieving it Understand how the world of work and careers is changing Overcome limiting beliefs identify your strengths skills and values and build your confidence Identify from the wide range of career options the best possibilities for you not what other people think you should do Discover the opportunities that will lead to the work and career you re interested in Whatever s happening in the world and whether you ve just started thinking about a career want to go in a new direction or have a complete change Career Finder will guide and advise you You ll be prepared to move toward a career that you enjoy and works in harmony with your life and who you are Communication Gill Hasson,2019-10-28 Communicate more easily and effectively in any situation Every day you have the opportunity to interact with people in different areas of your life in public at work and at home with colleagues and clients with friends and family Your ability to exchange ideas and opinions with other people understand their thoughts and feelings their point of view and solve problems between you depends on how effectively you re able to communicate But being understood and understanding others is not always easy Communication is

a dynamic complex process influenced by all the complexities and differences in human motivation and behaviour

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Overcoming Social Anxiety and Shyness, 1st Edition Gillian Butler, 2009-07-30 A Books on Prescription Title **Overcoming Social Anxiety and Shyness** is a self help manual for this common problem which explains why it happens and sets out practical methods of resolving it Don t let shyness ruin your life Everyone feels foolish embarrassed judged or criticised at times but this becomes a problem when it undermines your confidence and prevents you from doing what you want to do At its most extreme shyness can be crippling but it is easily treated using Cognitive Behavioural Therapy Using real life examples Professor Gillian Butler sets out a practical easy to use self help course which will be invaluable for those suffering from all degrees of social anxiety Indispensable for those affected by shyness and social anxiety Excellent resource for therapists psychologists and doctors Contains a complete self help program and work sheets

Overcoming Anxiety Gill Hasson, 2015-12-30 Understand overcome and break free from worry and anxiety Bestselling personal development author Gill Hasson is back and this time she s here to help with something that affects everyone at some point in their life Anxiety Worries and anxieties are familiar to us all Worrying can be helpful when it prompts you to take action and solve a problem but unrelenting doubts fears and negative possibilities can dominate your mind affect your ability to manage your everyday life and wellbeing your sleep and appetite your social life and your ability to concentrate But it doesn t need to be like this there are ways that you can manage this spiral of unhelpful thoughts and difficult feelings **Overcoming Anxiety** explains how to manage anxiety and stop it from taking over it teaches you the skills you need to lead a more peaceful stress free life **Overcoming Anxiety** Provides practical strategies and techniques to manage your anxiety Discusses how to break free from negative cycles and move forward in a positive way Contains real life examples from anxiety sufferers Explores what it takes to handle immediate anxiety events and longer term low level background anxiety and worry About the Author Gill Hasson is the bestselling author of the **Mindfulness Pocketbook Mindfulness How to Deal with Difficult People and Emotional Intelligence** Gill teaches adult education courses in personal development and is an Associate Tutor for the University of Sussex where she teaches career personal development and academic study skills Gill is also a freelance journalist and writes articles on personal development and relationships for

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