



GENERAL WORRY & RUMINATION GROUP

Quieting the Busy Mind

Navigating anxiety, rumination and overwhelm



WILD ROSE
wellness & psychology

Program Overview

Evidence-Based Group Program for Anxiety, Overthinking & Repetitive Negative Thinking

Do you find yourself...

- Constantly overthinking situations or conversations?
- Worrying about the future or replaying the past?
- Feeling like your mind never switches off?
- Repeating the same thoughts without finding an answer?
- Struggling to make decisions because you overanalyse?
- Feeling mentally exhausted by your thoughts?
- Avoiding situations because of anxiety or experiencing physical symptoms of anxiety?
- Checking, seeking reassurance or repeating behaviours to reduce worry?

If so, you're not alone.

Persistent worry and overthinking are common. Although they often begin as attempts to solve problems or stay prepared, they can increase anxiety, disrupt sleep and make everyday life more difficult.

About the Program

Using evidence-based Metacognitive Therapy (MCT) and Cognitive Behavioural Therapy (CBT), you'll learn why worry persists and practical strategies to break free from unhelpful thinking patterns.

During the Program You Will Learn To

- ✓ Understand what maintains worry and overthinking
- ✓ Reduce mental overload and repetitive thinking
- ✓ Respond differently to difficult thoughts
- ✓ Strengthen present-moment focus
- ✓ Reduce reassurance-seeking and other unhelpful habits
- ✓ Build confidence in managing anxiety
- ✓ Create a personalised plan to maintain your progress

Our Goal

We don't aim to stop your thoughts.

We help you change your relationship with them so they no longer control your attention or your life.

Feel calmer, think more flexibly and spend less time caught in cycles of worry and overthinking.

Program Details

Dates:

Monday 17, 24 & 31 August

Time:

1pm – 3pm

Duration:

2-hour sessions over 3 weeks.

Fee:

\$265 per session (Total \$795)

Rebates:

With a valid GP referral for group therapy and a Mental Health Care Plan Medicare rebate will apply. Alternatively, you may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

Email: hello@wildrosewellness.com.au

Phone or SMS: 0477 973 219

Facilitators



Kelly Count
Clinical Psychologist



Jane Norgard
Clinical Psychologist



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