



# Coping with Stress and Anxiety in Times of the Pandemic

## Course No 133

This interactive course will help attendees to understand what anxiety is and will outline some simple yet very effective ways of managing anxiety. The attendees will also learn about the various causes of anxiety, the cycle of anxiety and the difference between anxiety and stress. There will be an in depth discussion on how to find ways of breaking the cycle, with a spotlight on mindfulness, and challenging unhelpful thoughts. This very useful course is ideal for persons who are trying to cope with the current pandemic circumstances and will help them to cope with the current environment as well as with life's stressful everyday circumstances.

## Sample Topics Covered:

### Understanding stress and anxiety

- Definitions
- Types of stressors and triggers
- Internal and external triggers
- Automatic thoughts
- Stress cycle - thoughts, behaviours, feelings, physical symptoms

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### Stress in relation to COVID

- Living with uncertainty
- Concern about the future
- Trying to cope in abnormal situations

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### Coping skills for anxiety and stress

- Basic coping skills and self-care
- Soothing coping skills
- Challenging automatic thoughts

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### Managing the pandemic anxiety

- Coping with uncertainty
  - Establishing a "new" normal
  - Reflection
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Name

Position

Company

Company Email

Address

ID Card

Mobile

Applicant Email

The data completed above is being compiled to enable the MSE Institute to communicate with you about the course when necessary.

**Registration fee:** €75 per participant  
(Full time students and senior citizens are eligible to a 50% discount). Group bookings of 4 or more persons from the same organisation attract a 10% discount.

## Terms and Conditions

Applicants who are registered for the course are not entitled to a refund if they are unable to attend, but may assign their booking to a 3rd party subject to confirmation by the MSE Institute.

### Malta Stock Exchange Institute Ltd.

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## General Information

**Time:** 09.30 - 12.00hrs  
**Venue:** Malta Stock Exchange  
*Subject to COVID-19 related restrictions*  
Online  
**Level:** Introductory

## Schedule

**Duration:** 2.5 hours  
**Date:** 24 May

## Target Audience

People who are currently trying to cope with the pressures placed by the circumstances created by the pandemic. Employers may also wish to run this interactive course for their staff on a bespoke basis.

## Lecturer

Dr Emma Pace



Dr Emma Pace is a counselling psychologist working and living in Glasgow, Scotland. She completed her doctorate in Counselling Psychology from Glasgow Caledonian University and is currently working for the NHS as well as running a private practice under the brand Paceofmind. She has experience working with people who struggle with many types of moderate to severe mental health difficulties. Emma is also passionate about sharing her expertise with others through education and training.

Cheques to be made payable to: Malta Stock Exchange Institute Ltd.

### Payments by bank transfer

**Bank:** Bank of Valletta plc  
**IBAN Code:** MT04VALL22013000000040025119059  
**IBAN BIC:** VALLMTMT

Kindly insert your NAME, SURNAME, ID CARD NUMBER and COURSE NUMBER in the transaction narrative.

This application is to be accompanied by payment or proof of payment by bank transfer.