



Case Study – Spring 2021

Managing Anxiety, Building Confidence & Developing Resilience (Online)

I found out about EXTRA through my social worker. When I first started the courses, I wasn't myself. I had no confidence and wouldn't say much. I kept my thoughts to myself and wasn't in a good place.

I have gained a lot since attending courses with EXTRA. Further into the courses I found myself talking more, even having my own opinions! I now know I can ask for help if I'm not sure and I felt safe to share my experiences with others.

I have made some nice friends along my journey with EXTRA and we plan to meet up post-COVID. At the moment we message each other regularly for support.

I am still using the tips and resources I was given during the courses; they are a great visual reminder to me to keep going and stay strong. I'm using the things I learnt not just with myself, but with my children too.

I know I will carry on making positive changes and I'll continue to use everything EXTRA have taught me in the future.

Thank you so much EXTRA, I really appreciate it.