



Effectively Managing Anxiety Workshop

Anxiety has the power to stop us in our tracks. Stress is not what happens to us - it is our **RESPONSE** to what happens to us.

This workshop introduces a combination of effective strategies to manage anxiety and challenge thinking that may be contributing to it.

Topics:

Understanding Your Anxiety

Nov 25

There are lots of myths out there. Learn the facts about anxiety and how we are all unique.

Foundations of Wellness

Dec 2

Learn the importance of sleep, nutrition, and physical activity.

The Power of Mindfulness and Meditation

Dec 9

Stay in the present moment without judgement.

A Personal Toolkit for Stressors

Dec 16

Explore what is working and what is not working for YOU.

Connection between self-talk and anxiety

Dec 23

Notice your inner and outer dialogue to reduce anxiety.

FREE!

Where: Zoom

When:

**Wednesdays,
1 pm to 2:30 pm**

**5 Week Workshop
November 25 to
December 23, 2020**



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all

Contact Dave at
dkilgannon@cmhahrb.ca
or 289-259-5092 to register.