



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

Oct 18

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

Foundations of Wellness

Oct 25

Learn the importance of Sleep, Nutrition, Physical Activity and Mindfulness.

A Personal Toolkit for Stressors

Nov 1

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

Connection between self-talk and anxiety

Nov 8

Notice your inner and outer dialogue to reduce anxiety.

Where: Free over Zoom

**When: Mondays
6:00 to 7:30 PM**

**4 Week Workshop
Oct 18 – Nov 8, 2021**



Canadian Mental Health Association
Halton Region Branch
Mental health for all

To register, contact
peermentors@cmhahrb.ca
Please include a phone #
where you can be reached.