



## 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 23**

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

#### Foundations of Wellness

**Nov 30**

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

#### A Personal Toolkit for Stressors

**Dec 7**

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

#### Connection between self-talk and anxiety

**Dec 14**

Notice your inner and outer dialogue to reduce anxiety.

**Where: Free over Zoom**

**When: Tuesdays  
2:00 to 3:30 PM**

**4 Week Workshop  
Nov 23<sup>rd</sup> – Dec 14<sup>th</sup>**



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

**To Register Contact**  
**[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)**  
**Please include a phone #**  
**where you can be reached.**