# 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** — **March 30th**

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

**Foundations of Wellness** — **April 6th**

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

**A Personal Toolkit for Stressors** — **April 13th**

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

**Connection between self-talk and anxiety** — **April 20th**

Notice your inner and outer dialogue to reduce anxiety.

**Where: Zoom**

**When: Wednesday's 10:00am-11:30am**

**March 30th – April 20th, 2022**

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.**