



## Topics:

### Understanding Your Anxiety

June 6<sup>th</sup>

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

### Foundations of Wellness

June 13<sup>th</sup>

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

### A Personal Toolkit for Stressors

June 20<sup>th</sup>

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

### Connection between self-talk and anxiety

June 27<sup>th</sup>

Notice your inner and outer dialogue to reduce anxiety.



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

## 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.

**Where: Free via Zoom**

**When: Monday's from 6:00pm-7:30pm**

**4-Week Workshop: June 6<sup>th</sup> – June 27<sup>th</sup>, 2022**

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