



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. 21

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

Foundations of Wellness

Oct. 28

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

The Power of Mindfulness and Meditation

Nov. 4

Stay in the present moment without judgement.

A Personal Toolkit for Stressors

Nov. 11

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

Connection between self-talk and anxiety

Nov. 18

Notice your inner and outer dialogue to reduce anxiety.

FREE!

Where: Zoom

When:

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

**October 21 to
November 18, 2020**



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

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