



KEEP LEARNING

Stress and Anxiety

Days and times:

Tuesdays 6-8pm

Thursdays 2-4pm

Location: Online



Anxiety and stress cause more sick days and illness than physical ailments. Discover the difference between stress and anxiety and why in combination they are a cause of concern for many.

Aims of the workshop:

- Provide participants with a better understanding of what is positive thinking, how it impacts and how to develop it
- Enable greater self-awareness
- Equip participants in techniques for changing attitudes
- Support wellbeing

Course content:

- Typical causes of anxiety
 - How to become familiar with triggers
 - How to select coping strategies that work for you
- Please register and book your place online.



mindinbexley.org.uk/recovery/

