



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Make Friends with Anxiety Workshop

The rise in anxiety gets a lot of press. But what if you could reframe how you think of stress and anxiety and manage it instead of letting it take over your life by holding your brain hostage?

The anxiety itself is not the demon but rather the lack of coping skills to manage it. That's something we can do something about. Stress, overwhelm and anxiety are all a part of life, and this workshop will help you work with it.

Takeaways:

- Identify times when you are more likely to be more anxious
- What to do when you feel anxious and overwhelmed
- How to minimize the suffering anxiety can cause
- Effective self-talk strategies
- DBT skills for coping with anxiety
- Taking agency of your own mental health