



# ANXIETY SUPPORT GROUP

9 WEEKS, 10/11/17-12/13/17 | WEDNESDAYS, 6:30PM-8:00PM

\$40 REGISTRATION FEE | \$20 PER GROUP

## ANXIETY--FEAR--PANIC--WORRY

Learn how to recognize the differences between anxiety, fear, panic, and worry and how they play a role in our survival.

## OUR INNER CRITICS

What is the purpose of that inner voice of doubt? Identify the face of your inner critic and learn methods to quiet it.

## ANXIETY TRIGGERS

We'll map out the way anxiety appears in our physical bodies and identify common internal and external causes of our anxiety.

## BOUNDARIES

What are boundaries? How can you tell when they have been crossed? Learn how setting boundaries can lower your anxiety.

## GROUNDING TECHNIQUES

Learn and practice physical, mental, and creative techniques for lowering anxiety in the moment.

## ANXIETY IN THE BRAIN

Where does anxiety come from? Learn about two areas of the brain which trigger feelings of anxiety in your body and anxious thoughts in your mind.

## UNHELPFUL THINKING PATTERNS

Discover the relationships between your thoughts, feelings, and behaviors, and identify the thinking styles that increase your anxiety.

## SELF-CARE

Learn about *real* self-care, and take an honest look at your life to determine how you can fit more in your schedule.

## ANXIETY ↔ DEPRESSION

Learn about the relationships between anxiety and depression, methods for recognizing its presence, and tools for coping with it.

## ANXIETY & RELATIONSHIPS

Learn how to communicate your needs to friends, family, and co-workers to avoid common relationship pit-falls when struggling with anxiety.

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