

# Introduction to Anxiety: 6th October - 27th October

Everyone feels anxious at some time in their lives. These workshops help us define what anxiety is, why we experience it and how we can deal with it and recover.

These workshops will provide you with a safe place to reflect, discuss your concerns, and identify positive and achievable coping strategies.

We will look at:

- How anxiety impacts on our mental wellbeing
- The different causes of anxiety
- How we can manage the feelings

4 weekly sessions

Starts Wednesday 6th October

Online

13.00 - 14.00



Enrol with us, free to join

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