

Managing Anxiety

Welcome to Managing Anxiety, a focused 60-minute virtual session designed to help you better understand and respond to anxiety in everyday life. This course offers a practical and supportive space to explore how anxiety shows up, why it happens, and what you can do about it.

Whether you're here to build new skills or simply gain insight, you'll leave with tools you can start using right away to feel more in control and supported.

Format: Virtual

Duration: 60 minutes.

Session Overview

- Anxiety as a normal emotion
- Learning about anxiety
- What is anxiety?
- Common symptoms
- Adapting your thoughts
- Calming your body
- Reviewing supports & strategies