

Struggling to manage your anxiety?

In this three-part series, gain a better understanding of your anxiety and develop tools to manage and reduce it effectively.



Session 1:

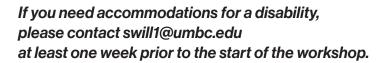
Understanding Anxiety

Anxiety Toolbox Workshop

November 3, 10, and 17 2:30 - 3:30 p.m. The Commons, 318



Scan here to learn more!



This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.





Session 2:

Managing anxious thoughts



Session 3:

Developing alternative responses to anxiety

