

MANAGING ANXIETY

Do you experience anxiety?

Would you like to attend a 6-week program to improve your psychological wellbeing?

This six-week psycho-education program will help you recognise and understand the signs of anxiety, and to implement strategies to manage anxiety in everyday life.

Topics include:

- Understanding how anxiety impacts upon the body, and how to reduce the physical symptoms
- How our core beliefs influence how we perceive the world, and how to shift our anxiety mindset
- behavioral strategies to ensure anxiety no longer controls you

Pre-group information session on **Wednesday 16 October**.

Numbers are strictly limited.

Free for those on low-income, please email for further details.

Email admin@lgpc.com.au to register your interest.

Supported by:



Life Giving Psychology & Coaching is a private psychology practice, operating for over 15 years in the Townsville region. Other group topics are available, as well as individual sessions - see www.lgpc.com.au