



# Stress and Worry Management

A webinar for young people who are struggling with stress and worry, and how to better cope.

This one hour session covers:

What anxiety actually is and where it comes from

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome stress and worry



Coping strategies and distraction techniques

Bromley Y practitioners host this free session via Microsoft Teams.

**Upcoming session**



**Fri 22 May @ 5.30pm**

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

