

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

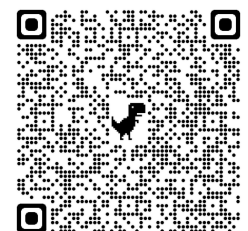


Bromley Y practitioners host this free session via Microsoft Teams.

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



Dates can be found on Eventbrite by scanning the QR code or clicking on the link below



SCAN ME

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



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