

Let Your Mind Breathe:

Strategies for Managing Anxiety



Join our upcoming webinar series designed to help you manage anxiety. You'll learn to recognize and shift unhelpful thought patterns, stay grounded when life feels overwhelming, and discover practical tools to help reduce anxiety. Topics will include understanding the nature of anxiety, coping with change and uncertainty, and lifestyle factors that can influence anxiety. This series offers guidance to help you feel calmer, more in control, and work towards mental health well-being.

Dates

- Friday, May 9, 2025, Noon - 1 p.m.
- Friday, May 16, 2025, Noon - 1 p.m.
- Friday, May 23, 2025, Noon - 1 p.m.
- Friday, May 30, 2025, Noon - 1 p.m.

Webinar Link:

Visit this link for access
to the Friday sessions.

duke.is/pas-anxiety

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