

Conquer Anxiety and Build Resiliency

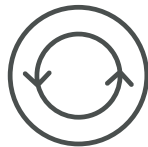
In this unprecedented period of global and national uncertainty, we often find ourselves feeling much more anxious and stressed. The first thing to note is that it's completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important step to building resiliency. This workshop was put together to provide the support and resources to understand and conquer anxiety.

Join us for a two-part workshop on understanding anxiety and building resiliency.

During the program, you will learn about:



Unhelpful
Thinking
Patterns



Spheres of
Influence



Information
Diet



Thought
Challenges



Gratitude
Practices



Breathing
Practice



Social
Connections



Stress Resilience
Action Plan

Part 1: What is Anxiety

Wednesday, Sept. 9, 2020, 10 to 11 a.m.

Monday, Sept. 14, 2020, 10 to 11 a.m.

Part 2: Building Resiliency

Wednesday, Sept. 16, 2020, 10 to 11 a.m.

Monday, Sept. 21, 2020, 10 to 11 a.m.

Please call Richard Davis at **702.419.4288** or email richard.davis@dignityhealth.org to register!