



# COPING WITH ANXIETY: What to Do When You Worry Too Much

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

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## ABOUT THIS WEBINAR:

**In today's uncertain and ever-changing environment, anxiety has become an increasingly common mental health concern.** While some level of anxiety can be beneficial in motivating us to perform better or avoid danger, chronic and excessive anxiety can have detrimental effects on our mental and physical wellbeing. In order for us to be adaptive and emotionally resilient in the face of ongoing uncertainty, it is essential to recognize the signs of anxiety and learn coping strategies.

## ATTENDEES WILL LEARN:

- Understand the mind-body connection and how it relates to anxiety
- Learn practical, evidence-based techniques to cope with anxiety or uncertainty
  - Foundation (the non-negotiables)
  - In-the-moment (when anxiety hits)
  - Day-to-day (skills to build over time)
  - For panic
- What to stop doing

