Drop - In Anxiety Skills T3

25 Sep 2019 - 2:00pm to 30 Oct 2019 - 3:00pm | Room 2008, level 2, East Wing, Quadrangle Building, Map Ref E17

Each weekly one-hour workshop aims to provide 'take away' education and skills to help you cope with common anxiety-inducing situations. Each week a different topic.

25 Sept - Understanding anxiety & how it affects me
2 Oct   - Managing anxious thinking
9 Oct   - Anxiety: Action vs avoidance
16 Oct  - Anxiety and procrastination
23 Oct  - Social anxiety and making connections
30 Oct  - Anxiety and exams

Come to as many as you like. No need to register - just drop in - bring your student card.