Drop - In Anxiety Skills T3

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23 Oct 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.