



Understanding and Managing Anxiety

Monthly webinar for young people (ages 11-18)

This one hour session covers:

What anxiety actually is and where it comes from

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome anxiety



Coping strategies and distraction techniques to help manage anxiety

Bromley Y practitioners host this free session once a month on **Wednesdays at 4.30pm** via Microsoft Teams.

Upcoming sessions



17th Nov

15th Dec

12th Jan

16th Feb

16th March

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

