

Zumbro Valley Mental Health Center

ANXIETY GROUP

PURPOSE

Have you ever panicked? Are you anxious in social situations? Do you feel apprehensive much of the time—for no apparent reason?

The Anxiety Group offers education and tools to help adults with anxiety symptoms that are causing difficulties in their daily life or are exacerbating their other mental health issues.

The group is designed for adults who are “worriers”, experience panic attacks, constantly think about the future and what might happen or have exaggerated fears about situations, things or places. Coping skills are taught through psychoeducational training and cognitive behavioral techniques.

This group offers guidance and skills to anyone struggling with anxiety. You can learn skills and make lifestyle changes necessary to achieve recovery.

TOPICS

- Understanding anxiety
- Self-monitoring of anxiety symptoms
- Stress management
- Self-talk
- Thought reframing
- Relaxation
- Deep breathing
- Visualization
- Imagery

Format

Begins Tuesday, November 10, 2009

Eight weekly sessions, held on Tuesdays, 1:00 p.m.—2:30 p.m.

Billed to insurance. Clients may be responsible for a copayment.

Contact Information

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