

## East Kent

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# Coping with Anxiety & Stress

Coping with Anxiety & Stress is a workshop that helps people develop an understanding of, and coping strategies for stress and anxiety. This workshop promotes the use of cognitive coaching, self-awareness and self-reflection in managing stress and anxiety in life. Participants are helped to identify triggers and coping mechanisms so that they can maximise their own self-management techniques for both improving and maintaining mental health and wellbeing.

Participants will learn to identify the causes and effects of stress and anxiety, learn practical skills to help them manage this and identify ways of reducing stress and anxiety levels before this can become entrenched or evolve into depression.

This workshop includes participation in peer support group activities and exercises based around self-esteem and confidence that will build a greater understanding of stress and how it contributes to anxiety. Participants will also learn alternative methods for helping to manage and reduce stress and to control anxieties to reduce the impact on day to day life.

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or book online at: [eastkentmind.org.uk](http://eastkentmind.org.uk)