

ANXIETY

Is it taking over your life...or even just stopping you from ordering at Starbucks?



By attending an exciting workshop series offered by TCNJ's Counseling and Psychological Services you will learn that most people experience anxiety at various times and in various life situations, such as...

- In class
- While presenting or performing
- In social situations
- At work
- In new/unfamiliar situations

Learning to ***manage anxiety well*** can be ***very empowering!***

In this workshop you will also learn ...

- How your **thinking** has a powerful effect on your feelings of anxiety
- How to change your thinking to decrease your anxiety
- Relaxation techniques, self-management skills, assertiveness skills
- and communication skills that will all help you to **manage your anxiety better**
- through the support of others...that **you are not alone and that you can make changes**

Series begins **Wednesday, September 30th at 5:00 pm** and will continue once a week for approximately 10 weeks. Each session will run from 5:00 to 6:20 pm. **Participants must be able to attend all sessions.**

Facilitated by: Carol Evangelisto, MA, NCC, Licensed Professional Counselor

If you are interested in participating please call X 2247 or, stop by the Health and Counseling reception desk in Eickhoff Hall (107) to **schedule a brief meeting with one of the facilitators prior to September 30th.**