



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

MANAGING ANXIETY

(SELFCARE & CBT)

This group will assist participants in understanding and managing their feelings of anxiety.

Selfcare and attention to energy levels are important if you are experiencing anxiety and stress. Through learning skills drawn from Cognitive Behaviour Therapy (CBT) and Mindfulness, this group targets the negative effects of anxiety and explores more helpful ways to deal with challenging emotions.

CBT skills will focus on replacing the intrusive thoughts which can make life difficult, with more helpful ways of thinking. With CBT, the goal is to change patterns of thinking to improve overall psychological and emotional wellbeing.

Mindfulness approaches will teach you breathing, body scan and relaxation techniques, as well as thinking styles that focus more on the present. The practice of Mindfulness can bring about various positive outcomes, including improved emotional regulation and increased psychological wellbeing.

DATE Every Tuesday,
28th May to 2nd July
(6 sessions)

TIME 6:45pm - 8:45pm

VENUE HBC Youth Centre,
214D Hibiscus Coast Highway,
Orewa

COST \$95

**FREE WITH A DOCTOR OR HEALTH
PROFESSIONAL'S REFERRAL**

(Valid for 1 year for up to 2 groups per term).



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ABOUT KAREN GRIFFITHS

(BSW)

I am a registered Social Worker, graduating with a BSW in 1998. I have worked in numerous areas of social work: Adoptions, Home For Life, Foster care training, Care and Protection and Youth Services.

I have my own Life Coaching Business called Tapping Into Life based in Dairy Flat and Rosedale. I have a particular interest in loss and lifestyle change and 'Tapping into' your passions.

I have three children and am an active member of Toastmasters International.



**To register contact
Hearts & Minds**

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