

# Living with Anxiety

## Free Online Workshop

The Derbyshire Federation for Mental Health



## MANAGING ANXIETY IN A POST LOCKDOWN WORLD

As we begin to transition towards a new normal post lockdown, feelings of anxiety can be overwhelming and impact our lives greatly. Many people are anxious about their health, socializing and getting back to doing the things they want, need and love to do .

This workshop provides information and tools to be able to manage and reduce feelings of anxiety in these difficult times.

The aim of this workshop is to provide individuals with the confidence, knowledge and skills to move forward in their lives

These sessions are delivered via Zoom and are approximately 2 hours in duration, including a short break.

Sessions can be arranged for anyone to attend. Alternatively private sessions for groups can be booked in advance.

To book or for more information please contact Emma via email: [emmadaniels@dfmh.co.uk](mailto:emmadaniels@dfmh.co.uk)

