

7 FACTS ABOUT ANXIETY THAT WILL CHANGE THE WAY YOU THINK

“Anxiety” is a word that's thrown around a lot...but what is it really?!

- If I'm really stressed out, does that mean I have anxiety?
- If I have anxiety, does that mean that I am stressed out all the time?
- But I'm going through a difficult time in my life, isn't it normal to feel anxious about it?

This workshop reviews both for yourself and for recognizing in others:

- What anxiety can look like.
- Where anxiety comes from.
- What to do about your specific anxiety.

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