

# Living with Health Anxiety

DIGITAL  
RECOVERY  
COLLEGE  
SUSSEX

A learning  
journey to  
wellbeing

This free 90 minute online session is designed to help define what health anxiety is and what the symptoms are. We will learn about the purpose of anxiety and the link between thoughts, feelings and behaviours.

This session will look at positive ways of coping with health anxiety and include some simple relaxation techniques.

- Reflect on the ways health anxiety affects us.
- Identify positive & achievable coping strategies and how to use them.
- Use the tools to develop a personal health anxiety action plan.

## New Dates Available

Wednesday 1st July 2:30pm - 4pm

Friday 3rd July 1:30pm - 3pm

Wednesday 15th July 2:30pm - 4pm

Friday 17th July 1:30pm - 3pm

Wednesday 29th July 2:30pm - 4pm

Friday 31st July 1:30pm - 3pm

[CLICK HERE TO REGISTER](#)



GoToMeeting

**90 Minute  
Live Online  
Workshop**

 @withoutstigma

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