Living with Health Anxiety



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.

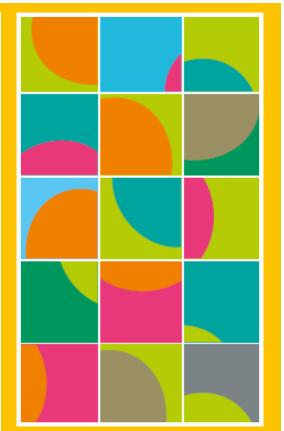
This session will look at positive ways of coping with health anxiety and include some simple relaxation techniques.

- 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





90 Minute Live Online Workshop

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