

ANXIETY MANAGEMENT GROUPS FALL 2023

**Monday & Thursday Groups Available
1-2:30 p.m.**

The four-part series aims to help students manage anxiety by offering knowledge, teaching skills and developing abilities to reduce anxiety and its negative impacts on day-to-day life.

THROUGH THE SERIES, LEARN:

- What anxiety is
- How anxiety manifests
- Ways that anxiety can be effectively controlled
- Relaxation techniques
- Cognitive restructuring practices
- Mindfulness approaches

Students who are interested in participating in these groups need to complete a Brief Needs Assessment in the Counseling Center. Students can complete these by:



Attending a walk-in appointment in GSU 263 weekdays from 10 a.m.-noon or 1-3 p.m.



*Calling **410-543-6070** during business hours - weekdays from 8 a.m.-4:30 p.m.*



Scheduling online at salisbury.titaniumhwc.com/online scheduling or scanning the QR code above

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[SALISBURY.EDU/COUNSELING](https://salisbury.edu/counseling)**

PLEASE NOTE: Visitor parking permits are required to park at SU; please request a permit at salisbury.edu/parking

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