

THURSDAY Adult Community Group Counselling Clinic

**Afternoons from 3:00 – 4:00 p.m.
Mental Health and Addictions Services
715 Queen Street, 4th Floor**

- * All Clients need to be pre-registered with Mental Health and Addictions Services**
- * Please stop at reception to sign in before each group**
- * Clients are to choose EITHER Wednesday or Thursday ONLY “Challenging Anxiety” Group for the full 8 week rotation**
 - Each group session “stands on its own” so that you can start group any time.
 - Group sessions focus on education and skill building
 - In group you will learn skills to manage your mood, to strengthen helpful thoughts and to increase healthy behaviors in your life.

CHALLENGING ANXIETY:

Tackling physiological discomfort, emotional distress, unhelpful thought patterns and avoidant behaviors.

Body Awareness: Basic Overview of Anxiety

- Mar 14 Where does anxiety live in my body? Breathing exercises**
- Mar 21 The Body’s Alarm System: Fight/Flight/Freeze Response. Progressive muscle relaxation and grounding exercises**

Emotional Awareness: Anxiety as an Emotional State

- Mar 28 Act different, feel different! Approaching emotions instead of avoiding**
- Apr 4 Mindful Responding: Building distress tolerance and becoming more self-aware. Mindfulness practice**

Thought Awareness: Challenging Anxious Thoughts Facts or Fiction?

Apr 11 **Update the messages you give yourself. Realistic self-talk: basic thought record. Thought-action plan**

Apr 18 **Challenging unhelpful thought patterns: mental yoga
Thoughts are thoughts, not threats. Postpone anxiety: create worry time**

Behavioral Awareness: Why Avoidance Doesn't Work in the Long Run

Apr 25 **Practice facing your fears: exposure therapy. Change the behavior, change the brain. Face anxiety and create an exposure fear list**

May 2 **Managing setbacks. Stages of anxiety and motivational tips. Putting it all together: behavioral experiments**