



Stress and Worry Management for Young People

Webinar for young people struggling with the mental & physical symptoms of anxiety, worry, low mood & depression

This one hour session covers:

How to balance activities to boost mood and motivation

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome anxiety



Strategies to tackle negative thinking patterns

Bromley Y practitioners host this free session once a month via Microsoft Teams.

Upcoming sessions



Thurs 26th September @ 5:30pm

Weds 23rd October @ 1:00pm

Sat 23rd November @ 11.00am

Thurs 5 December @ 5.30pm

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

