




TACKLING ANXIETY

Do YOU?

- EXPERIENCE **EXCESSIVE ANXIETY**?
 - HAVE EPISODES OF ABRUPT AND EXTREME **DISCOMFORT OR PANIC**?
 - **AVOID PEOPLE OR SITUATIONS** BECAUSE OF YOUR ANXIETY?
 - HAVE **INTENSE PHYSICAL SYMPTOMS** LIKE HEART PALPITATIONS, CHEST PAIN, OR NAUSEA?
 - WORRY EXCESSIVELY ABOUT **EMBARRASSING YOURSELF IN FRONT OF PEOPLE** OR BEING CRITICIZED OR NEGATIVELY JUDGED BY THEM?
 - FIND IT **DIFFICULT TO STOP WORRYING** AND HAVE TROUBLE RELAXING?
 - FIND YOURSELF **WORRYING WHEN THINGS ARE GOING WELL** IN YOUR LIFE AND THERE IS NOTHING SPECIFIC TO WORRY ABOUT?
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IF YOU DO, THEN
TACKLING ANXIETY IS FOR YOU!

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TACKLING ANXIETY

- DESIGNED SPECIFICALLY **FOR JMU STUDENTS**
- **FIVE ONE-HOUR** SESSIONS
- **EVIDENCE-BASED SKILLS** AND STRATEGIES
- DESIGNED TO **REDUCE ANXIETY, WORRY, AND PANIC SYMPTOMS**
- **QUICKEST AND MOST EFFICIENT WAY** TO ADDRESS ANXIETY SYMPTOMS
- HIGHLY RECOMMENDED BY THE CC CLINICIANS

PAST **TACKLING ANXIETY** PARTICIPANTS SAY:

"IT WAS SO NICE TO KNOW THAT **I AM NOT ALONE.**"

"**I THOUGHT I WAS THE ONLY ONE** WHO WORRIED."

"I FEEL LIKE **I CAN MANAGE ANXIETY** NOW."

IF THIS PROGRAM SOUNDS LIKE IT WOULD BE HELPFUL TO YOU, OR YOU WOULD LIKE MORE INFORMATION ABOUT IT, PLEASE CONTACT THE CC FRONT DESK (540) 568-6552 AND ASK ABOUT **TACKLING ANXIETY.**

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