

NEW GROUP STARTING
ANXIETY AND MINDFULNESS

July 8, 2019

At

1:30 pm



Most of us have issues that we find hard to let go of, and mindfulness can help us deal with them more productively. We can ask: "Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts"?

"Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better" Professor Mark Williams, Oxford Mindfulness Center

Mindfulness Skills are for Anyone who

- Struggles with racing thoughts
- Has conflicts in relationships
- Is feeling anxious, depressed or down

If you'd like to join this group or have any questions

Please call Shawna @ 530-623-8255

