

Taming Your Worry: Living life more fully

We all worry. Worry indicates things that are important to us and perhaps require action. Sometimes, however, worrying gets in the way of our ability to lead a full life.

- **This 5 week semi-structured group will help you get a closer look at your worried mind and teach you skills each week to address your worry in a healthy, growth fostering way.**
- **This group will also help you identify what is important to you and how to go about achieving your dreams while changing your perspective and experience of anxiety and worry.**
- **This will be in the service of providing you an opportunity to live your life more fully as you learn ways to unhook from the daily disruptive stress that may trap you.**

Given the sequencing of skills, commitment to attend all five sessions is required.

Stop by at the Counseling Center (DePaolo 2079)

For more information OR

Call: 910-962-3746

Location: DePaolo 2079

Times: TBD

Offered by UNCW Counseling Center

Group Facilitators: Fatima Wasim, Ph.D.

Laura Finkelstein, Ph.D.