Mental Health made simple.

What is Anxiety, really?

A 45-minute class on how to recognize anxiety + tools to start the healing process.

What we'll talk about:

- Defining anxiety
- How to identify anxiety in your body
- What causes anxiety?
- How anxious am I, really?
- Step 1 – where to begin
- Step 2 – what next?

November 23, 6:00 pm @ Edgar Community Church

You'll walk away from this class with a better understanding of what anxiety is and what to do about it. We'll also take home two hands-on practices to use when anxiety spikes.

Liz Cravillion is a graduate student intern at The Joyful Mind Counseling, LLC, pursuing her degree as a licensed professional counselor.