

# Managing Anxiety

*Does anxiety negatively affect your life?*



Perhaps you experience anxiety attacks? Have a poor sleep pattern? Irritability? An irrational feeling of dread or impending doom? Have intrusive negative thoughts? Feeling constantly 'on edge'? Poor concentration? Find yourself feeling fearful for no identifiable reason?

If you would like help to understand and manage your anxiety and would like to meet others who experience similar difficulties, we have a group facilitated by a qualified counsellor/mental health practitioner starting on

Monday 7th January 2019 from 4.30pm to 5.30pm  
and will run until Monday 11th February.

If you are interested in joining this group please ask your GP or healthcare professional for a referral.



Portcullis Surgery

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