



Anxiety Management Group

3-session group that teaches basic Cognitive Behavioral Therapy (CBT) concepts to help manage anxiety.

Topics

Session 1: Anxiety 101 / Core Beliefs / 5 Elements of Experience

Session 2: CBT skills - Auto-thoughts, Errors, Rational Response

Session 3: Self-care / Mindfulness / Sleep Health / Review

When

Mondays 5-6:15 p.m. (3 consecutive weeks, TBD when there are enough students enrolled)

Where

Student Health and Wellness, Baird Hall Room 6 - Behavioral Health

Sign-up

Please speak with your SHW provider or call us at 503-494-8665, Option 1 to express interest in the group. Dates will be set when enough students have expressed interest.