

## New Perspectives 2021



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# Working with Worry: Strategies to ease your mind

*Tuesday, 17 August 2021 13:00 (1 hour)*

Do you worry about how much you worry?

Although worrying often carries a negative connotation, it plays a crucial role in our wellbeing and is part of our hard wiring. Worry is actually a beneficial emotion but when it becomes excessive or long term, can negatively impact your mental and physical health.

In this session we will look at the evolutionary role of worry, how its tied to problem solving and learn strategies to work with worry before it becomes consuming.

Space is limited to 100 people, so use this link <https://forms.gle/5MWd1wMG1ho3cJ637> to sign up.

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