



Prevention
Strategies
for a calmer
mind

Mastering anxiety

Mondriaan



voor geestelijke gezondheid

Mastering Anxiety: strategies for a calmer mind

Would you like to learn how to cope with feelings of fear and reduce their impact on your life? The amount of anxiety you experience is closely related to your way of thinking.

In the course ***Mastering Anxiety, Train Your Mental Strength***, you'll learn how to cultivate more positive thoughts and reduce overthinking.

You'll gain insight into your feelings of fear and discover ways to control them. Additionally, the course provides an opportunity for sharing experiences with others.

The course has eight sessions and is provided in both spring and autumn. Each group accommodates a maximum of eight to ten participants. Currently, Mastering Anxiety is only available in Dutch. Please contact us for options to participate in English. Participation is free of charge.

Check out the start dates: www.mondriaan.eu/activiteiten.

To register

You do not need a referral from your GP for this course.

The course is a collaboration between Mondriaan Prevention and ZIO, a supportive primary care organization for general practitioners, among others.

For more information and/or registration please contact us via 088 506 72 00 or preventie@mondriaan.eu.



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