



# Worrying !

*if you spend more time worrying than working, learn to curb the worry habit...*

Topics included in this skills-oriented session :

- the 2 approaches proven to decrease worrying
- shifting from unproductive worry to more constructive worry
- 5 pitfalls that perpetuate worry and make it difficult to break out of worry spirals
- brain training exercises and a variety of other techniques to curb worrying
- tips for bedtime worriers

**Tuesday, MARCH 3**

**from 7:00 – 9:00 pm**

**in Room 332 University Centre, University of Guelph**

*\$ 10.00 for University of Guelph students (due to U of G Student Health Services subsidy)*

*\$ 20.00 for members of United Steelworkers Local 4120 (due to Local 4120 subsidy)*

*\$ 40.00 for all others*

For more information or private training, visit [www.SelfRegulationSkills.ca](http://www.SelfRegulationSkills.ca)  
or leave a message at the Stress Management Clinic 519 824-4120, ext. 52662.