



For Better Mental Health

**Milton Keynes MIND Counselling  
at  
Farthing House**

# **Anxiety Management (Six week course)**

Anxiety and stress affects our physical well being. The consequences of excessive stress include migraine; insomnia; drug and alcohol abuse; stomach and bowel problems and other illnesses. It can create emotions leading to panic attacks.

It is estimated that in the UK, 40 million working days are lost due to stress.

The course will help you:

- Gain an understanding of the body's response to stress
- Gain an awareness of the chemical reaction in our brain which sends messages to our body triggering its responses.
- Reduce anxiety quickly
- Overcome panic attacks
- Reduce arousal and create calm

(Fees charged will be according to personal circumstances)

For further information on these courses please contact us

Milton Keynes MIND Counselling at Farthing House  
74 Farthing Grove, Netherfield, Milton Keynes MK6 4HH  
**Tel: (01908) 667055**  
E-mail: [Farthinghouse@mkmind.org.uk](mailto:Farthinghouse@mkmind.org.uk) [www.farthing-house.org.uk](http://www.farthing-house.org.uk)