

Taking Control of Anxiety

Workshops in Marlborough for Teenagers

Anxiety is a part of all our lives and is perfectly natural. It becomes a problem when our anxiety starts to take over and gets in the way of us doing the things that we enjoy.

Young people lead very busy lives today! School, extra-curricular activities, exams, not to mention the pressures that come with social media! Sometimes it can all become overwhelming. They feel as though they have lost control over their thoughts and emotions and are not sure how to get back on track.

Do you know a young person who will benefit from any of the following?

- Overcoming their unhelpful beliefs and behaviour patterns.
- Increasing their self-esteem and confidence.
- Overcoming their anxiety.
- Reducing their stress levels.
- Positively changing the way they think and behave.
- Improving communication with those around them.



If so, chat to them about joining our **solution focused 6-week workshop** which will empower them to take responsibility for their thoughts and feelings, focusing on the positive changes they want to see instead.

What to expect

Workshops are a great way for young people to meet new people and learn new skills in a **fun and relaxed environment**. They can help normalise talk around certain issues so that they know that they are not alone in feeling the way they do. It can help to build new friendships and when they learn together, it also means that they can support one another outside of the workshop too!

Benefits of attending the workshop are:

- ✓ Learn new skills in a fun, relaxed and inclusive environment.
- ✓ Increased self-awareness.
- ✓ Learn self-soothing techniques to use in times of stress.
- ✓ Understand how making changes can help achieve goals.
- ✓ Strengthened resilience and confidence to manage life's challenges in the future.
- ✓ Maximum of 6 young people in a similar aged group (13-15 years and 16-18 years)

Workshop details:

- Starts Tuesday 26th April
- 4pm - 5pm
- Runs for 6 weeks
- £20 per session
- Held at 6A London Road, Marlborough

Our workshops are designed to provide young people with the skills they need to manage themselves, instead of managing the problem. This means the skills are transferrable in any situation and truly are **skills for life!**

Further information or to book, please email:

Louise louisemolloytherapy@outlook.com or Anne anne.thompson@mercurealliance.co.uk



Hi I'm Anne Thompson. I'm a counsellor in private practice and NLP coach and trainer. My special interest is helping young people and adults recover from trauma and improve relationships.

Hi I'm Louise Molloy. I'm an NLP & NLP4Kids Practitioner specialising in working with young people to support them with their emotional and mental health needs.