Anxiety Toolbox Workshop

Live on Microsoft Teams

Anxiety Toolbox is a three-week workshop series designed for people struggling with a variety of anxiety-related concerns. Sessions cover:

- understanding anxiety and its impacts
- exploring how thoughts and behaviors affect anxiety
- developing strategies to better cope with anxiety

Offered monthly, visit our website for upcoming dates!

To ask questions about accessibility or request accommodations, email sccworkshops@utdallas.edu.