Learning to Live with Anxiety Series: Reframing Your Thoughts

June 6, 2024

10:00-11:30am MST

This series rotates through four (4) topics to help you understand anxiety, and support skill building to cope. Join this session, as it explores how anxiety feels and the cognitive triangle, practice how to identify unhelpful thinking styles and replace unhelpful thinking with realistic thoughts, provide opportunity to start an Anxiety action plan.

**Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- What is anxiety and what does it feel like
- What is the cognitive triangle
- How to identify unhelpful thinking styles
- How to replace unhelpful thinking with realistic thoughts
- How to start an Anxiety Action Plan

Speakers:

Trevor Lusby, Mental Health Promotion Facilitator, AHS

Trina Napier, Addictions Counsellor, AHS

Target Audience: Adults living with anxiety or adults wanting to support someone living with anxiety

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21282

To access this session from *zoom:*
https://fntn.zoom.us/s/81886738733
Meeting ID: 818 8673 8733
Passcode: 110530

Please select "join meeting as an Attendee", once logged-in

To access this session from an *audio line:*
1-587-328-1099
Meeting ID: 818 8673 8733
Passcode: 110530

· · · · · · · · · · ·

First Nations Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA

To join via internet browser

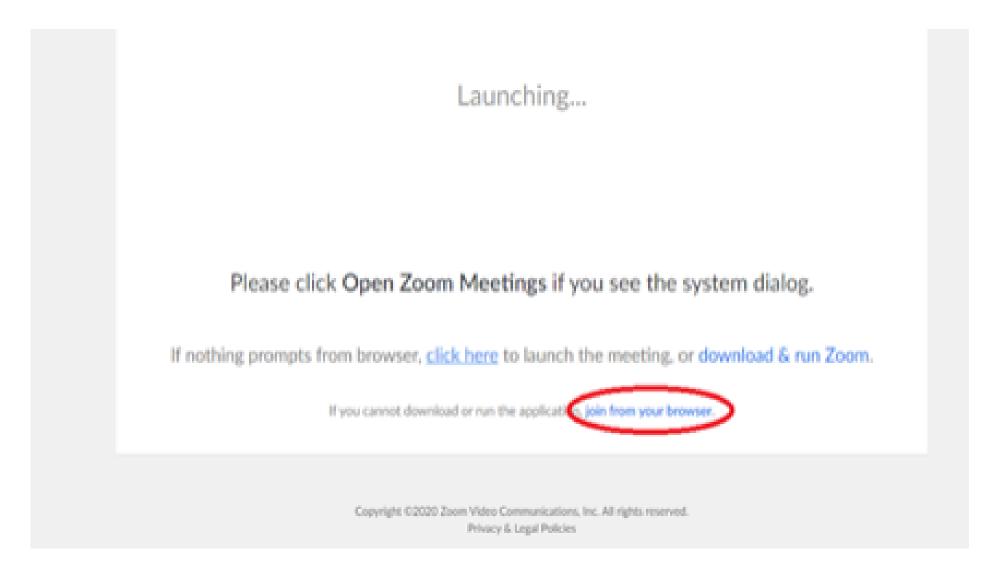1. Please click the link below to join the webinar:
   https://fntn.zoom.us/join

2. Enter Meeting ID: 818 8673 8733
3. Passcode: 110530
4. Click the option " click here" (See image below)

5. Another option will show up on the bottom, please click " join from your browser" (See image below)

6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
   https://fntn.zoom.us/join

2. Enter Meeting ID: 818 8673 8733
3. Passcode: 110530
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.