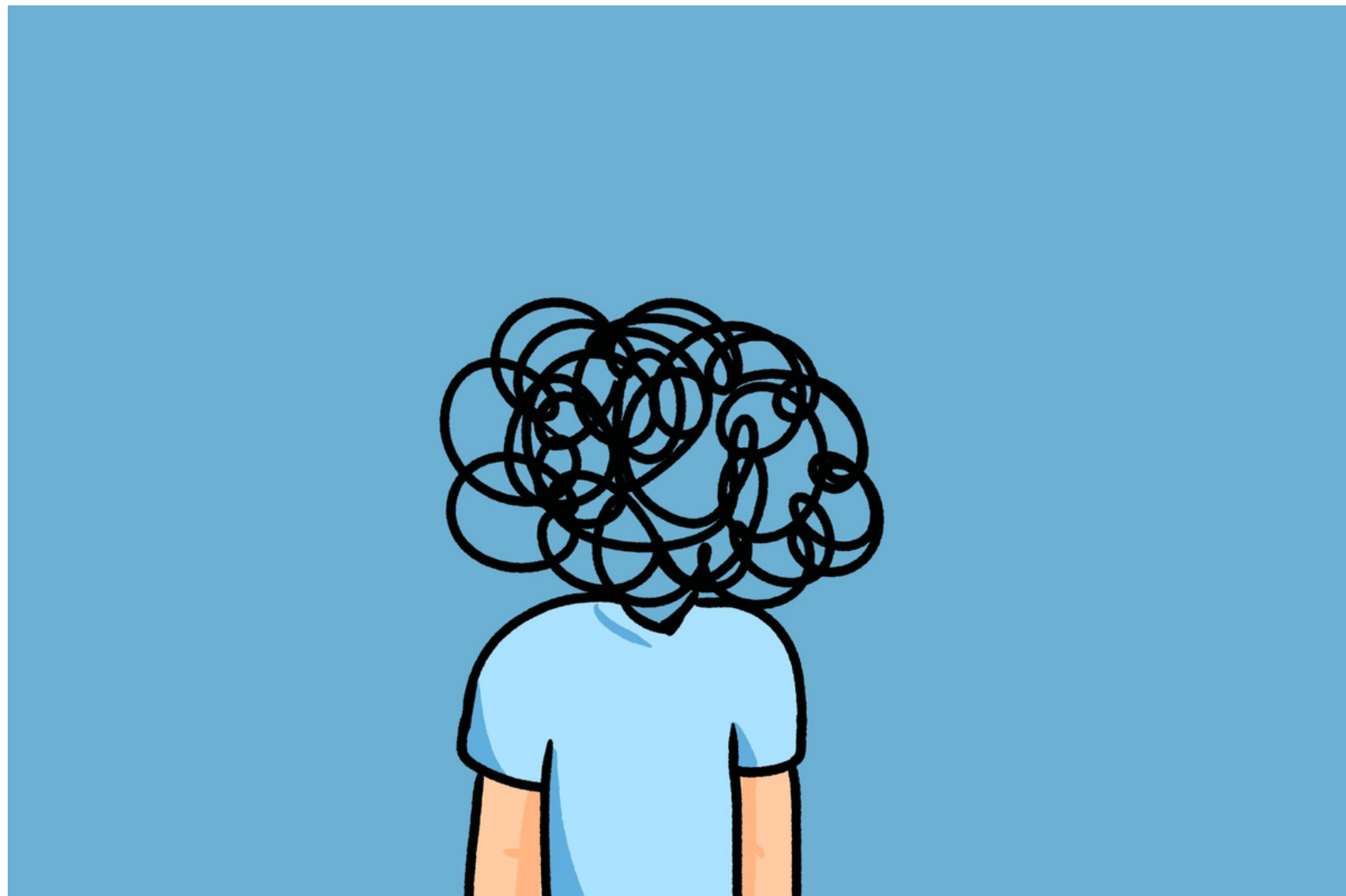


Understanding Anxiety: The Four Faces of Anxiety

November 4, 2026

1:30-3:00pm MT

How Does Anxiety Show Up in Our Lives? Anxiety isn't always obvious. It can show up in our mind through worry and overthinking, in our body through tension and physical symptoms, in our emotions through irritability and overwhelm, and in our actions through avoidance, withdrawal, or trying to control situations. This session will be a welcoming and practical conversation about understanding anxiety, recognizing your personal warning signs, and learning simple strategies to calm the mind and body.



Learning Outcomes:

- Gain a better understanding of how anxiety can show up through thoughts, physical sensations, and behaviours
- Learn to recognize one's own warning signs
- Gain practical, accessible strategies to help calm the nervous system, manage anxious thoughts, and respond to anxiety in healthier and more intentional ways

Speakers:

Tess Babchishin is a Licensed Provisional Psychologist who supports adults, children, and families navigating anxiety, life transitions, relationship challenges, trauma, burnout, and personal growth. Her approach draws from evidence-based therapies including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy, and Attachment-Based Therapy, with a focus on helping people better understand themselves, build practical coping skills, and create meaningful change in their lives.



Target Audience: This session is for adults who experience stress, worry, overthinking, irritability, overwhelm, or physical symptoms of anxiety and would like to better understand what is happening in their mind and body. It is designed for anyone interested in learning practical tools to manage anxiety and support greater emotional and overall well-being

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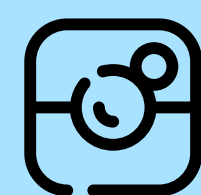
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