



## Anxiety & Distress: Regulating Your Own Nervous System

Become a master of understanding and managing your own self and nervous system.

A 4-hour workshop addressing how to identify, understand, and remediate anxiety and distress as well as their effects on the nervous system. Learn how to recognize the status of your nervous system at any given moment. Develop tools and resources to help you shift and regulate your mental, emotional, and physical states.

*For more information, please contact:*

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