

Managing Anxiety at School

SAU 48: Parent & Community Workshop with Lynn Lyons May 23rd, 6-8 pm @ PRHS

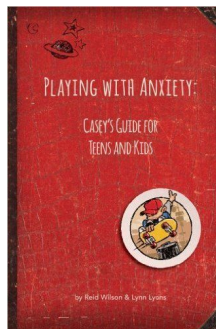


Everyone worries and feels anxious at times, but when anxiety and worry impact you or your child in ways that limit your life and lead to avoidance of certain situations or activities, it's time to do something. You've come to the right place if you're ready to focus on changing the way you respond to life's challenges, removing unwanted obstacles and habits and moving forward.

Your daily life and important events will be better when you and your children develop the ability to:

- Understand and manage physical stress responses
- Move your family/student out of the "worry cult" (how to NOT make anxiety STRONGER!)
- Step into difficult situations rather than avoid them
- Focus clearly on goals, problem solving, and making adjustments...without being ruled by anxiety and worry

Co-Author of:



Register by
calling PRHS
Student Services

536-1444
ext 3600

Over the past 26 years Lynn Lyons has developed and used concrete techniques that create rapid, lasting change. Her practice is rooted firmly in the belief that mental techniques can and should be taught to anyone looking to overcome anxiety, handle pressure situations, and manage the challenges of daily life. The ability to create a positive internal environment allows us to realize our individual potential, and to simply enjoy life's experiences to the fullest.

Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist who lives in Concord, New Hampshire and is in private practice there. For 26 years, Lynn has specialized in the treatment of anxiety disorders in adults and children.