Learn skills to calm your mind

Approximately 35% of college and university students have experienced a panic attack and many describe it as the worst feeling they’ve ever had. Common symptoms include shortness of breath, racing heart, tightness in the chest, and intense fear. The good news is that through learning and application of skills, you can learn to reduce and eliminate your panic attack symptoms.

In this single session workshop led by Sue Fraser, MSW, RSW you can learn:

› Facts about panic and anxiety attacks
› More about the common symptoms of panic attacks
› Practical coping strategies for panic and anxiety

**When**

- **Wednesday, January 17, 2018**
  3:30 p.m. to 5:30 p.m.
- **Tuesday, February 13, 2018**
  2:00 p.m. to 4:00 p.m.
- **Thursday, March 22, 2018**
  3:30 p.m. to 5:30 p.m.

**Where**

Counselling Services
Needles Hall North
2nd Floor, Room 2447

Register today on LEADS
uwaterloo.ca/campus-wellness