

# **Tools for Managing Stress, Anxiety and Depression**

**Free workshop series  
Saturday January 13, 20, 27, 2024  
10:30-noon**

**Unitarian Universalist Congregation  
183 Riverside Dr.  
Binghamton, NY 13905**

**To Register: call 607-729-1641**

**Facilitated by Holistic Health Practitioner,  
Jan Fiore**

**There is help and hope for anyone who has struggled with stress, anxiety, and depression. This series is an opportunity to learn about the different forms of anxiety that are often linked with depression. Learn how to develop a management plan for helping yourself or others deal with these issues within an environment of support.**

**Common reactions to stress are:**

- **fear and anxiety**
- **sleep disruptions**
- **sudden outbursts of anger**
- **poor concentration**
- **memory loss**
- **fatigue**
- **general sense of unease**

**Our bodies may react for handling an immediate crisis, but there is a huge price to pay if we don't deal with ongoing stress. What can you do to get back in control?**