

FREE ONLINE WORKSHOPS

IN PARTNERSHIP WITH THE NHS

Catastrophic thinking can be defined as ruminating about irrational worst-case outcomes. It can increase anxiety and prevent people from taking action in a situation where action is required. Bad things—even horrible things—do happen to people and cause real pain in people’s lives. But catastrophic fantasies cause useless suffering in our minds, whether there is a grain of truth in them or not.

The workshop will provide you with the skills needed to help you develop healthy thinking habits so you can approach each day logically and positively without automatically assuming the worst.



Topic: How to manage your anxiety and stop catastrophising

Date: Thursday 3rd December 2020

Time: 11:00 am - 12:00 pm

For more information and how to access the workshops please email nhsworkshop@farsophone.org.uk



**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

