

ANXIETY, PHOBIAS AND CONDITIONING - LEARNING TO TAKE CONTROL



on Saturday 28th September 2019

10 am – 12 midday

(coffee available from 9.30 am)

**at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA**

Led by Dr Martin Brunet, GP at Binscombe Medical Centre

Anxiety is a bit like pain - we need to be able to feel it to keep ourselves safe, but too much can become overwhelming. We naturally try to avoid pain, but avoiding anxiety can be more difficult and more of a problem if avoidance behaviour starts to restrict our lives.

What makes us anxious can be unpredictable, and seem irrational, but understanding the nature of anxiety can help us gain control of something that so easily threatens to control us.

Dr Brunet is a GP and GP Educator and will be sharing from his experience in the doctor's surgery, and will explore the nature of anxiety and the overlap between medicine and faith in this important area in mental health.

PLEASE NOTE: This session is free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a place for those living with cancer and depression to find peace and rest

**If you have any queries, please contact Sally Pollard, email:
pollard3@hotmail.co.uk**