



NUS
National University
of Singapore

Health & Wellbeing
Office of the President

Managing Anxiety: Skills for a Calmer Mind



2, 9, 16, 23 & 30
September 2026



10:00am to 12:00pm



University Counselling
Services



**Join 5 weekly sessions of structured,
skills-based group designed to:**



Explore the psychological and physiological aspects
of anxiety



Develop practical coping strategies to better
manage anxiety



Engage in reflective group-based learning including
group discussions and interactive activities

**Attendance for ALL sessions is
strongly encouraged!**

This group is open to both undergrad & postgrad NUS students.

[Click here to indicate your interest to join!](#)

****Please ensure that you're able to commit for all sessions***