



**NUS**  
National University  
of Singapore

Health & Wellbeing  
Office of the President

# Managing Anxiety: Skills for a Calmer Mind



4, 11, 18, & 25 Sep;  
2 & 9 Oct 2025



10:00am to 12:30pm



University Counselling  
Services



**Join 6 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!**

**Calling out all full-time undergraduates!**

**Click here to indicate your interest to join!**

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