



# UNDERSTANDING ANXIETY & STRESS IN A POST-PANDEMIC WORLD

## SEMINAR SERIES

LEARN HOW TO FEEL STRONGER AND HEALTHIER IN A POST-PANDEMIC WORLD. TALKS AND TIME TO PRACTICE LEARNING A NEW TECHNIQUE EXPERIENTIALLY.

### DETAILS

#### WHEN

Thursdays  
12:00-2:30

Mass: Noon  
Lunch: 12:30  
Seminar: 1:00-2:30

#### COST

\$250  
for the entire Series  
or \$50 per session

#### WHERE

Our Lady of Bethesda  
Retreat Center  
7007 Bradley Blvd  
Bethesda, MD 20817

### SESSIONS

- MAR 3** STRESS IS CUMULATIVE AND IDIOSYNCRATIC -THE POWER OF CHOICE
- MAR 17** CONTROL IS NOT THE GOAL - RADICAL ACCEPTANCE OF REALITY
- MAR 31** ADVENTURES INCLUDE SOME ANXIETY - EMBRACING THE EXCITEMENT
- APR 14** CHALLENGING ONESELF IS BETTER THAN FEELING COMFORT
- APR 28** YOU CAN LOVE ANYONE - BOUNDARIES AND STRUCTURING RELATIONSHIPS
- MAY 12** YOU CAN HAVE A LIFE OF PURPOSE - LIVING ACCORDING TO YOUR VALUES AND GOALS

FIND MORE INFORMATION AND LINKS TO REGISTER ON-LINE.

[WWW.OURLADYOFBETHSDA.ORG](http://WWW.OURLADYOFBETHSDA.ORG)



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