

# MINDFUL MOVEMENT FOR ANXIETY & STRESS

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ADULTS 18+

## WHEN:

Start Date: TBD

## LENGTH:

4 weeks

## NUMBER OF GROUP MEMBERS:

6-8

## WHAT:

Stress can develop from so many areas in life. Whether it be from work, school, or uncertain or unforeseen challenges - especially with current circumstances. If stress is not managed well it can create suffering, disturb physical and mental health, negatively impact relationships, and create poor performance with tasks. This group will use mindful movement and breath work as a way to manage stress, along with processing and psychoeducation on the topic of stress and anxiety. Ideally for individuals that want to actively work towards a lifestyle change that supports their mental health goals of working through stress and anxiety. Group members who will be participating in group are willing to engage in a daily practice of a mindfulness activity/meditation and completion of weekly homework assignments. Group members must be sober during group.

## RATE:

\$35/session (groups are NOT covered by insurance)



GROUP FACILITATOR  
KAJAL PATEL, MSW, LCSW  
MENTAL HEALTH THERAPIST

## INTERESTED IN JOINING?

Please contact us at 919-636-0762 or [hello@simplythrivetherapy.com](mailto:hello@simplythrivetherapy.com)