Learn to manage anxiety by joining Calming the Worried Mind.

Calming the Worried Mind meets Tuesday evenings

Why Join This Group?

Everyone is anxious some of the time. Some people experience more anxiety. This group could be for you if you feel anxious about everyday situations. Or if you want to remain calm and focused before a major event like an exam. The anxiety management skills you learn in Calming the Worried Mind are helpful in many situations.

How does it work?

designed to help you manage anxiety and worry less.

For maximum flexibility, the you connect with your group by video, whether you are on campus, studying abroad, or doing fieldwork.

Sign Up Here

Groups are provided by iHope Network, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to the Harvard Community at no cost.