

A free, online resource for understanding anxiety & building resilience.

Created by Anxiety NZ and funded by Community Wellbeing Fund - Auckland Council

Practical tools for managing eco-anxiety, weather-related stress, and everyday worries - helping you and others stay steady and resilient.

STEADY in Uncertain Times

About the Course

- Recognise anxiety and how eco-anxiety affects wellbeing.
- Use simple tools to calm your mind and body.
- Build resilience and take positive action.

Sign up here!

[ANXIETY.ORG.NZ/STEADY](https://anxiety.org.nz/STEADY)



Or scan the code to sign up!

Need more support?

 Free Anxiety Helpline:
0800 ANXIETY (0800 269 438)

 More resources at
anxiety.org.nz

AnxietyNZ
HERE FOR YOU