

Webinars

Description

Anxiety Matters: 'Let's talk about it' WEBINARS

Anxiety UK members: the recording of this webinar will be available soon in the members' area

Hear about trailblazing anxiety research- 15th May 2025

An engaging webinar looking at 3 pioneering and innovative research projects focusing on different aspects of anxiety and the treatment of anxiety including:

- Psychedelics and anxiety
- Acceptance and commitment Therapy (ACT)
- Breathlessness and anxiety

Additionally, Dr Clare Shaw talked about research on anxiety by the National Institute of Health Research.

This event was only open to Anxiety UK members

Next webinar tbc

[Click Here](#)

We also have a range of previous webinars to watch again:

How to be kind to yourself

Tolerating uncertainty

OCD and how to manage it

Mental health and staying at home

Feeling trapped and claustrophobic

Mindfulness techniques

Sleeping well

Parental anxiety

Perinatal anxiety

Dealing with panic

Health anxiety

Breathing for anxiety

Compassion focused therapy