

# Overcoming Overthinking

## 8 Weeks Anxiety Support Group

Struggling with overthinking, too much worrying and constant fear?  
All this can get overwhelming & can put us in a place where we feel  
trapped and lonely.....

**50%**

of people are facing  
anxiety and  
depressive  
symptoms  
(TOI, 2021)



## How can Mindscape's support group be helpful?

- 1.Reduced feelings of isolation
- 2.Improve social skills
- 3.Discover different perspectives
- 4.Discuss ideal solutions to your issues
- 5.Access to an organic support system



**We start healing,  
the moment we  
feel heard**



**Fill the Intake Form to  
Register**

contact at 8800712651

After submitting, someone from the team  
will get in touch with you shortly



@mindscapetyis



@mindscapetyis



@dr.upasanachaddhavij



@mindscapetyis

@dr.upasanachaddhavij