

# Young Adult Anxiety & Depression

## & all the “My Daily Life has Radically Changed” Feelings

*Would you like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings brought out during these uncertain times?*



As our worlds have been turned upside down, a lot of young adults are struggling with their emotions. Our young adult group has successfully shifted to telepsychology and participants are being supported and seeing growth in new skills & strategies for this unique time. You can find help using research-supported Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches. You'll have the opportunity to...

- ❖ Explore the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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