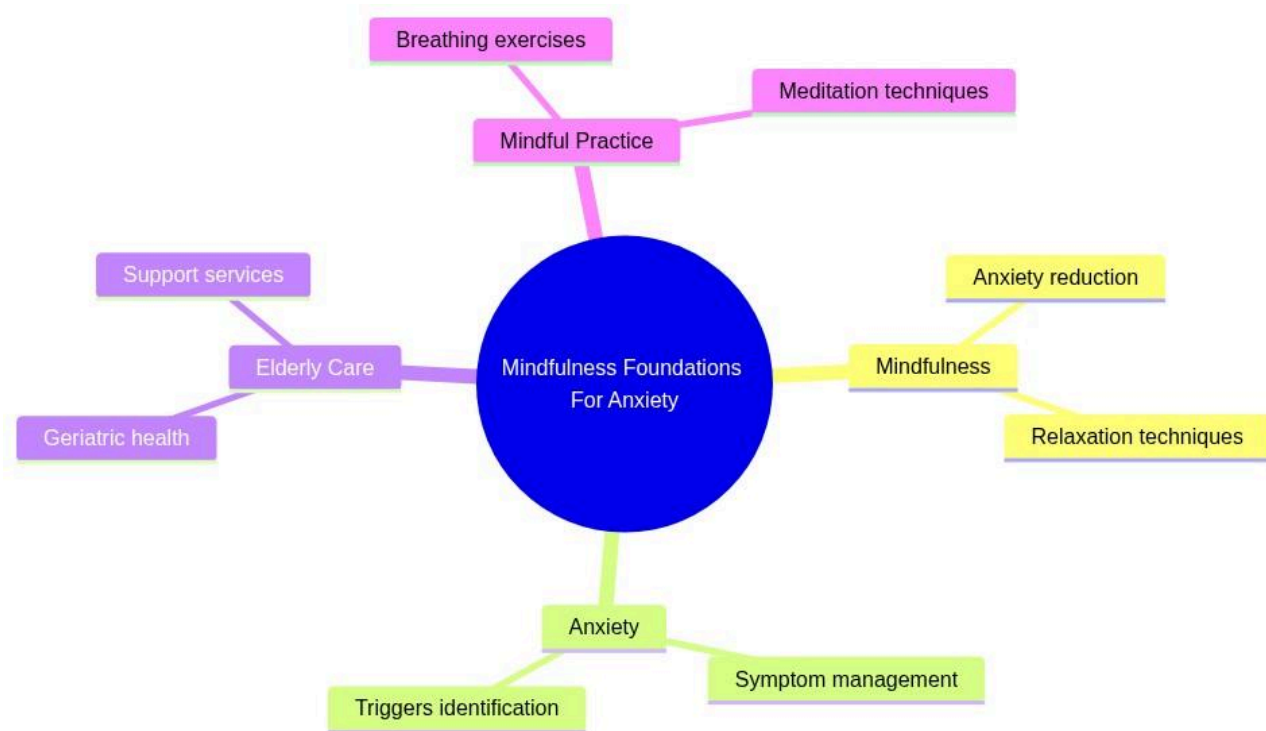


Advanced Skill Certificate in Mindfulness for Anxiety in the Elderly

Mindfulness Foundations For Anxiety



mindmap

root((Mindfulness Foundations For Anxiety))

Mindfulness

Anxiety reduction

Relaxation techniques

Anxiety

Symptom management

Triggers identification

Elderly Care

Geriatric health

Support services

Mindful Practice

Breathing exercises

Meditation techniques