



About Anxiety - Level 2

Student Activity Guide

Think About It:

1. It is normal to feel some anxiety from time to time, such as before a test or before a playoff basketball game. Have you ever experienced anxiety? How did you handle it?

2. Here are the top 5 reasons that youth get anxious:

- Performance
- Family problems
- Bullying
- Anxious parents
- Perfectionism



Can you think of anything else that may cause teenagers anxiety?



Brain Quiz!

1. Symptoms of an anxiety disorder can be the following:

- a. Persistent worrying, extreme tiredness, trouble sleeping, muscle tension, headaches, sweating, nausea.
- b. Persistent feelings of joy and contentment, extreme tiredness, trouble sleeping, muscle tension, headaches, sweating, nausea.
- c. Persistent worrying, feeling consistently energized and or inspired, trouble sleeping, muscle tension, headaches, sweating, nausea.
- d. Persistent worrying, extreme tiredness, trouble sleeping, muscle tension, feeling physically strong and healthy, sweating, nausea.

2. About how many teens and young adults suffer from a mental health issue?

- a. 1 out of 100
- b. 1 out of 5
- c. 1 out of 25
- d. 1 out of 10



3. Which of the following is NOT a symptom of a panic attack?

- a. heart palpitations
- b. sweating
- c. trembling or shaking
- d. calm and happy feelings

4. What are some factors that contribute to anxiety?

- a. environment
- b. social pressure
- c. biology
- d. all of the above

5. Strategies for coping with anxiety include all of the following except:

- a. breathing techniques
- b. exercise
- c. worrying consistently
- d. outdoor activities

Activity #1 Write About It:

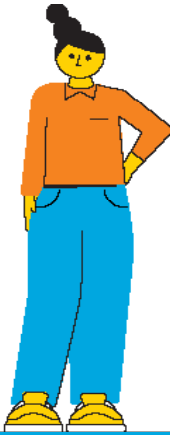
A mantra is an often-repeated word or phrase. A positive mantra such as, "I can't change the past or predict the future- I can only concentrate on the present moment," or "All I can do is my best, and my best is enough!" can be used to help in coping with anxiety. Come up with your own mantra to cope with anxious thoughts and feelings and display through artwork.



Activity #2 Brainstorm:

Brainstorm as a class. What are things that you and others in your grade, school, community get anxious about? What are positive coping strategies? Create a list of your top 10 coping strategies from the class list created.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Activity #3 Group Skit:

In groups of 3-5 students, create a skit that demonstrates a student in your grade that is dealing with anxiety and a healthy strategy that the student utilizes to cope.

Student:

Situation:

Positive Coping Strategy:
