

Lesson in a Bag – Anxiety

Lesson 1 – What is Anxiety?

Video: https://www.youtube.com/watch?v=K7ZpOw0VS_w

Discussion Questions

- What are some “thinking traps” that you have encountered recently?
- What are some unique ways you experience anxiety?
- How might anxiety be increased on a college campus?
- What are some things that can help you cope with anxious feelings?
- How/why can anxiety increase and decrease throughout the week?

Lesson 2 – Conceptualizing Worry

Oftentimes, anxious thoughts come into our mind and cause us to worry without being questioned. In this worksheet, invite students to find a topic they tend to worry about it and then deconstruct the worry to find a more informed view of how rational the worry may be.

Worksheet: <https://www.therapistaid.com/worksheets/worry-exploration-questions.pdf>

Discussion Questions

- Describe a situation where you may over-worry.
- How can this activity be used in your daily life?

Lesson 3 – Coping Strategies

There are a variety of ways to cope with any given stressor. Some may be more constructive than others. With this worksheet, invite your students to explore both constructive and destructive ways they may cope with life's stressors. With the attached chart, encourage students to consider alternative coping skills that are more constructive. If possible, encourage students to choose realistic, attainable changes that inspire joy rather than lofty ideals that may not be actionable.

Worksheet: <https://www.therapistaid.com/worksheets/healthy-unhealthy-coping-strategies.pdf>

Discussion Questions

- How can you integrate constructive coping strategies into your daily life?
- How might your coping strategies evolve throughout your lifetime?