



Week 4 - Anxiety and Emotional Exhale

BEFORE YOU PLAY THE VIDEO

THINK ABOUT

We recommend watching the video prior to playing it with your students. Please use discretion for any student that may be sensitive to certain topics, and have a one-on-one conversation when needed. This can help prepare the student and set expectations. This particular video discusses anxiety, pent-up emotions, feeling overwhelmed, and methods for coping.

THE GOAL OF THIS SESSION

Help students:

- Cope with anxiety.
- Express pent-up emotion.
- Reach out for help.

GUIDE

10 minutes

ICE BREAKER

Deep breathing exercise - breath in for a 4 count, hold for a 4 count, exhale for a 4 count (repeat 3 times)

Teacher reads aloud:

Today we are discussing anxiety and other negative emotions that tend to overwhelm and debilitate you. Life is full of stressful events, isn't it? And stressful events often trigger emotions that have a tendency to build up over time. They seem to grow and grow to the point where you feel like you are actually suffocating from them. Or maybe you worry about the future and about your relationships and your appearance until it triggers panic attacks where you literally can't breathe.

Classic symptoms of anxiety include:

- Shortness of Breath
- Chest Pain
- Hyperventilating
- Excessive Worrying
- Shaking
- Sweating
- Nausea
- Dizziness or Lightheadedness

- Pounding Heart
- Fear of Dying
- Feelings of Terror

If you've felt any of these things, you know they aren't fun. But the good news is that there's hope. Your anxiety doesn't have to define or control you. And you don't have to live with it long-term. Anxiety is curable with the right treatment and the right approach. To start, there are simple and practical steps you can take to overcome your anxiety and the negative emotions that overwhelm you.

PLAY THE VIDEO

10 Minutes

DISCUSS

30 Minutes

1. What are the signs and symptoms of anxiety?
2. How does identifying your feelings help with anxiety?
3. In your own words, describe what it means to "emotionally exhale".
4. Why does talking to someone about your feelings help so much?
5. What are 3 ways you can reach out for help with anxiety or other negative emotions?

20 minutes

DO THIS *(Activity)*

- Coloring sheet w/ the word "BREATHE"
- Practice focusing on your five senses.

Handout: Coping Skills