

Difficult Emotions: Anxiety

What is anxiety?

Anxiety is a feeling of worry, nervousness and discomfort. When you feel anxious, your heart beats quickly and your mind races. You may feel sweaty, jittery and unable to focus.

When do people feel anxiety?

Many people feel anxious when thinking about the future and wondering about the unknown. When someone does not know 'what is coming next' it can cause them to worry and feel anxiety. People also experience anxiety when they need to make an important decision or find themselves in a dangerous situation (ex: hurricane, snow storm).

Think of a time recently when you felt anxious for a short period of time.
What happened?

Think of a time recently when you felt anxious for a long period of time.
What happened?

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Read the scenario written below. Then decide how the person could cope with their feelings- by **talking, moving or thinking** through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #1

You and your classmates have to give a presentation in your history class. While you have been working on the project for weeks, you are feeling very anxious about standing up in front of the class to speak. You have been practicing at home in front of the mirror, but it only seems to make you feel more nervous. The morning of the presentation your stomach is in knots. Your palms are sweaty and your mind is racing. Your classmate approaches you in the hallway and asks, "Are you ready for the presentation today?" You can barely speak because thinking about standing up in front of the class is making you feel so much anxiety.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think**? Explain why below.

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Read the scenario written below. Then decide how the person could cope with their feelings- by **talking, moving or thinking** through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #2

You are sitting at home with your family one night when an alert comes on the TV screen. The alert says that there has been a tornado sighting in the area and that you and your family should seek shelter immediately. You all go down into your basement to find a safe spot to sit together. You are feeling very anxious. You are having trouble breathing and your hands are shaking. Your mother tries to reassure you that everything will be fine, but you still feel a lot of anxiety. You have not experienced something like this before and are worried about what might happen next.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think**? Explain why below.

Coping with: Anxiety

In the chart below, first read the experience provided. Then, consider what coping strategy would be helpful to you if you were in that situation. Next, circle the strategy which you would choose and then explain your thinking briefly on the lines provided.

Experience	Coping strategy(s) I would choose...		
	Talk	Move	Think
You have a big Math test that will be worth 40% of your overall grade	<hr/>		
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You are going to ask your crush to the Homecoming dance	Talk	Move	Think
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You auditioned for the school musical and the director is posting the cast list today	Talk	Move	Think
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