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TWA Wellness Workshop #2


Managing Anxiety

Agenda for Today

01. Definitions

02. Skills

03. Kahoot

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mindfulness exercise:

paired muscle relaxation

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what is anxiety?

2 minute group discussion... go!
be prepared to share out :)

What is anxiety?

01.

Thoughts or beliefs that're hard to control. Our body's natural response to stress — feelings of fear, dread, & uneasiness; of different degrees

02.

Helpful anxiety:

- cautiousness for dealing w/ threats
- maximizes performance
- motivates us towards goals
 - (ex: studying harder for test)

03.


Unhelpful anxiety:

- creates more distress (negative thinking patterns, difficulty concentrating)
- impairs daily life / functioning
- increased headaches, sweating, irritability, restlessness

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how to manage anxiety?

2 minute group discussion... go!
be prepared to share out :)



PLEASE:

P - Physical health

L - Listen to your body

E - Eat healthy

A - Avoid substances

S - Sleep well

E - Exercise

PLEASE

P - Physical health: prioritize physical well-being/health, see a doctor for check-ups, take vitamins / supplements as needed

L - Listen to your body: pay attention to your body's physical cues, practice mindful breathing, know your limits - rest when needed

E - Eat healthy: eat balanced meals, limit excessive sugar & caffeine (spikes in energy). stay consistently hydrated

PLEASE

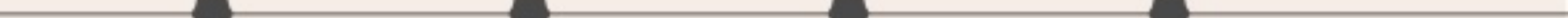
A - Avoid substances: say no to alcohol & drugs, limit caffeine intake (especially at night), understand substances' mental health impacts

S - Sleep Well: aim for 7-9 hours per night, curate an enjoyable bedtime routine, limit screen time before bed

E - Exercise: move regularly, find exercises you enjoy (sports, dances, walks, etc.), let out frustrations / built-up energy



Sleep



01

Sleep
schedule

02


Bed only
for
sleeping

03

30 mins
to fall
asleep

04

If still
awake use
TIPP



IMPROVE:

I- Imagery

M - Meaning

P- Peaceful wishes

R - Relaxing actions

O - One thing

V - Vacation

E - Encouragement



IMPROVE

I - Imagery: visualize your "happy place" (calming beach, fav cozy spot, etc), imagine success / positive outcomes (build confidence)

M - Meaning: connect with your values (remind yourself of what's important: family, friends, future goals), find purpose in challenges, personally meaningful activities (volunteering)

P - Peaceful wishes: be positive (daily interactions), practicing self-compassion (it's ok not to be ok), daily affirmations / journaling

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KAHOOT TIME !!

Top 5 winners get a donut :)

R - Relaxing actions: small, comforting activities (hot showers, fav snack, relaxing music), breathing exercises, stretching

O - One thing in the moment: focus on one task at a time (the present moment), avoid multitasking

V - Vacation: take mini mental breaks, fun activities after school, plan exciting day/weekend trips

E - Encouragement: congratulate yourself for small victories, be kind to yourself, seek support from others

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feedback form

it's in your inboxes, please fill it out honestly and thoroughly,
so we can make future workshops even better!
(+small treat if you fill it out)

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THANK YOU
VERY MUCH <3