



CLASSROOM ACTIVITY 2 - ANXIETY IS NORMAL

OBJECTIVES

Share experiences/feelings/symptoms of anxiety with peers to normalise and de-dramatise them.

TIME REQUIRED

10-15 minutes.

NUMBER OF PEOPLE

Small groups of 4-6 people.

TECHNICAL REQUIREMENTS

Analytical skills.

INSTRUCTIONS

1. Try to think of some situations you have experienced in which you have experienced anxiety. If possible, try to think of "small" examples (very everyday anxieties, nervous situations) and some where the anxiety was a little higher (without it having to be any traumatic situation or one not to be shared).
2. Try to relate the anxiety to the thoughts or interpretations you had at the time and how you felt and what physical sensations you had.
3. Share some of these situations with the group.
4. Those of you who listen, try to think about whether you identify and relate to the experiences of others.

SELF-EVALUATION AND REFLECTION GUIDE

What made me want to listen to others' experiences?

- And the reaction of others towards mine?
- What differences and what similarities do I find between everyone's experiences?
- Did I imagine that others would have had such experiences? Has anything surprised me?

Anxiety is a common phenomenon that we all experience and tend to feel similarly to each other and have similar fears and worries about symptoms and causes..