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Emotional Workshop:

Managing anxiety: Tools and methods



Objective:

- Understand the concept of anxiety and its impact on mental and physical health
- Identify common anxiety triggers in daily life
- Learn and practice effective anxiety management tools and methods

Key components:

- Definition and understanding of anxiety
- Common triggers and symptoms of anxiety
- The impact of anxiety on mental and physical health
- Practical tools and methods to manage anxiety effectively

Duration:

45 minutes



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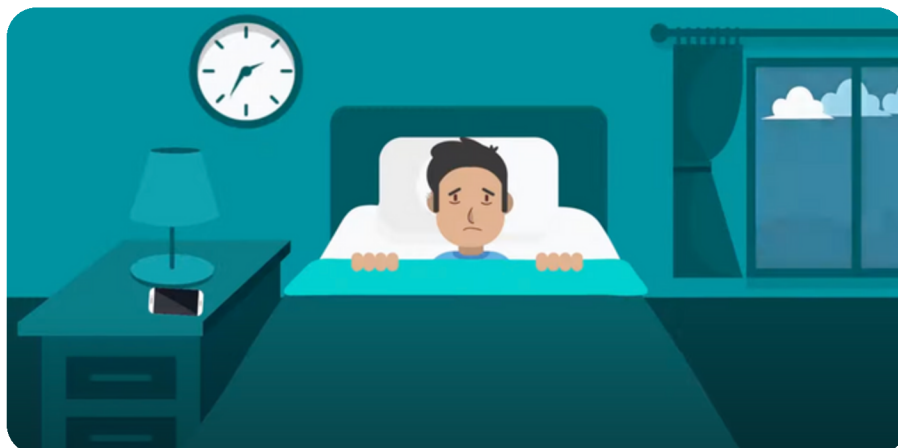


Workshop overview

Welcome to *The emotional education workshop*! In the next 45 minutes, we will explore anxiety management, discussing its impact on the emotional, psychological, and social aspects of life.

- **Introduction (5 minutes)**

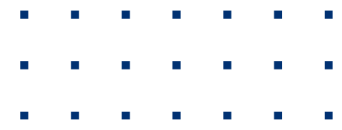
- Play a short video (2–3 minutes) explaining anxiety in an engaging and relatable way. The video should cover:
 - What anxiety is
 - How it affects the body and mind
 - Why managing anxiety is important
 - Use a YouTube video like "What is Anxiety?":
 - <https://www.youtube.com/watch?v=WuyPuH9ojCE>
- Facilitate a brief discussion
 - Ask participants, "What stood out to you in the video?"
 - "Did anything surprise you about how anxiety affects the body?"



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Understanding your anxiety triggers?

Activity 1: Identifying anxiety triggers (10 minutes)

- **Visual prompt:**
 - Show a series of images on a screen or handout that depict common anxiety triggers (e.g., public speaking, social situations, exams, deadlines).
 - Ask participants to identify which of these triggers they relate to most.
- **Interactive AI tool:**
 - Use a word cloud generator (e.g., Mentimeter or Slido) to collect participants' responses anonymously.
 - <https://www.mentimeter.com/>
 - <https://www.slido.com/>
 - Ask participants to type in their top anxiety triggers using their phones, and display the word cloud in real-time.
- **Discussion:**
 - Facilitate a brief discussion based on the word cloud. Highlight that anxiety is a common experience and that everyone faces different challenges.



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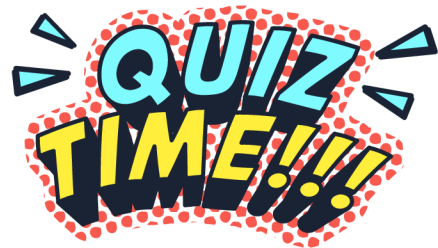
Tools and methods



How anxiety affects us

Activity 2: anxiety and its effects (10 minutes)

- **Interactive video segment:**
 - Show a **short animated video** (2–3 minutes) that explains the physical, emotional, and behavioral symptoms of anxiety.
 - Suggested video: "Understanding Anxiety" ([Belfast Health and Social Care Trust](#)).
 - <https://www.youtube.com/watch?v=IFl8GJ-p0qs>
- **Group reflection:**
 - After the video, ask participants to reflect on how anxiety affects them personally.
 - Use a visual chart (printed or on a screen) that categorizes anxiety symptoms into:
 - **Physical:** Racing heart, sweating, fatigue.
 - **Emotional:** Worry, fear, irritability.
 - **Behavioral:** Avoidance, restlessness, procrastination.
- **AI-powered quiz:**
 - Use an AI-based quiz tool (e.g., Kahoot or Quizizz) to test participants' understanding of anxiety symptoms.
 - <https://kahoot.com/>
 - <https://quizizz.com/?lng=en>
 - Example questions:
 - "Which of the following is a physical symptom of anxiety?"
 - "What is a common emotional response to anxiety?"



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Practical Tools for Managing Anxiety

Activity 3: Anxiety Management Tools (15 minutes)

- **Guided Grounding Exercise (5 minutes):**
 - Use a visual breathing guide (e.g., a YouTube video or GIF) to lead participants through the 5-4-3-2-1 sensory grounding technique.
 - <https://www.youtube.com/watch?v=kpSkoXRrZnE&t=61s>
 - Example: Inhale as the circle expands, hold as it pauses, and exhale as it contracts.
- **Mindfulness practice (5 minutes):**
 - Play a short guided mindfulness audio or video (e.g., from Headspace or Calm).
 - <https://www.headspace.com/mindfulness>
 - <https://www.calm.com/>
 - Encourage participants to close their eyes, focus on their breath, and let go of distracting thoughts.
- **AI-powered stress management tips (5 minutes):**
 - Use an AI chatbot (e.g., ChatGPT or similar) to generate personalized anxiety management tips.
 - <https://chatgpt.com/>
 - Ask participants to input a specific anxiety trigger (e.g., "I feel anxious about public speaking"), and the AI can provide tailored advice or strategies.
 - Example prompt: "What are some quick ways to manage anxiety before an exam?"



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Conclusion

(5 min)

- **Recap key points:**
 - Summarize the session by reviewing:
 - What anxiety is and how it affects us.
 - The importance of recognizing anxiety triggers and symptoms.
 - The techniques practiced during the session.
- **Interactive reflection:**
 - Use a polling tool (e.g., Mentimeter or Slido) to ask participants:
 - "Which anxiety management technique do you think will help you the most?"
 - Display the results in real-time to see which strategies resonate most with the group.
 - <https://www.mentimeter.com/>
 - <https://www.slido.com/>
- **Encouragement and resources:**
 - Share links to helpful apps or websites for stress management, such as:
 - Calm: <https://www.calm.com/>
 - Headspace: <https://www.headspace.com/>
 - Stress.org: <https://www.anxiety.org/>
 - Remind participants that managing anxiety is an ongoing process and that seeking help when needed is a sign of strength.





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Instructions for teachers

Objective: This lesson plan on Managing Anxiety: Tools and Methods is designed to help participants understand anxiety, its effects, and practical tools to manage it effectively. The session uses videos, interactive tools, and AI-based resources to create an engaging and supportive learning environment..

Duration: 45 minutes

Materials required:

- Paper and pens for participants
- Whiteboard markers
- Printed handouts featuring definitions and techniques
- Computers or mobile phones for interactive tools
- Projector and internet access for videos and AI tools

Workshop step by step

Step 1: Introduction (5 minutes):

- Play a short video explaining anxiety and its effects on the body and mind.
- Facilitate a brief discussion

Step 2: Identifying anxiety (10 minutes):

- Show images or videos of common anxiety triggers (e.g., public speaking, exams, social situations).
- Use a word cloud tool (e.g., Mentimeter or Slido) to collect and display participants' triggers anonymously.



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Step 3: Stress and its effects (10 minutes):

- Play a short video on the symptoms of anxiety (physical, emotional, behavioral). Suggested video: "How Anxiety Affects Your Brain"
- Use a visual chart to discuss how anxiety affects participants personally.

Step 4: Stress management techniques (15 minutes):

- Guided Breathing Exercise (5 minutes):
 - Use a visual breathing guide to lead participants through a calming breathing exercise.
- Mindfulness Practice (5 minutes):
 - Play a short guided mindfulness audio or video
- AI-Powered Anxiety Management Tips (5 minutes):
 - Use an AI chatbot to generate personalized anxiety management tips.

Step 5: Conclusion (5 minutes):

- Recap key points and stress management techniques.
- Use a poll to reflect on which technique participants found most helpful.

Tips for teachers:



- Create a safe and supportive environment where participants feel comfortable sharing their thoughts.
- Be mindful of participants who may feel overwhelmed by the topic and offer support or refer them to professional resources if needed.
- Use the provided tools (e.g., videos, AI apps, and interactive platforms) to make the session engaging and relatable.
- Encourage active participation but respect individual comfort levels.



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Follow-up activity at home

(5 min)

- **Anxiety journal:**
 - Ask participants to keep an anxiety journal for one week. They should note:
 - Situations that caused anxiety.
 - How they felt physically and emotionally.
 - Which anxiety management techniques they tried and how effective they were.
- **AI reflection tool:**
 - Encourage participants to use an AI journaling app (e.g., Reflectly or Journey) to log their anxiety experiences and receive insights or motivational prompts
 - <https://reflectly.app/>
 - <https://journey.cloud/>

TOOLS

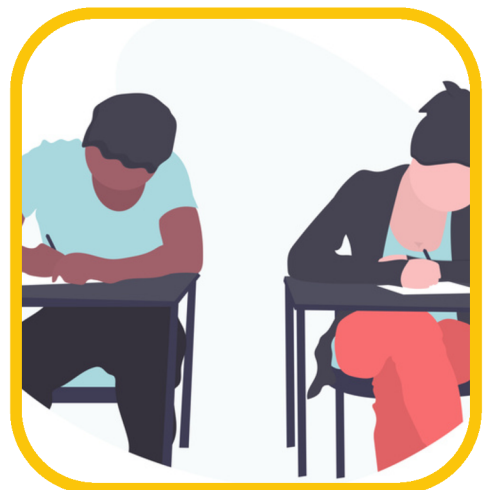


Wavers.io



Wavers is an free-to-use easily accessible and practical tool available to you and your students, which helps strengthen the community/unity and social cohesion of your educational institution and study environment. Get a quick insight into the Wavers app - watch the [video](#)

Wavers is a tool that lies outside the core curriculum, but as a teacher, you can utilize it at any time. Wavers does not require downloading as an app; instead, it functions as a web-based tool accessible on mobile devices. This ensures that assistance is always just a pocket away for students. Additionally, Wavers empowers students by enhancing their ability to reach out and accept help, fostering a proactive approach to their learning and well-being.



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