

Contents

| | |
|---|----|
| Introduction | 4 |
| What's Included. | 5 |
| Accompanying Group Documents | 6 |
| Introductory Group Session | 8 |
| Chapter 1: Is Anxiety Normal? | 10 |
| Chapter 2: Your Brain on Anxiety | 16 |
| Chapter 3: Your Body on Anxiety | 23 |
| Chapter 4: Types of Anxiety | 30 |
| Chapter 5: The Think-Feel-Do Cycle | 37 |
| Chapter 6: Interrupting the Think-Feel-Do Cycle | 43 |
| Chapter 7: Coping Skills – Mindfulness | 50 |
| Chapter 8: Coping Skills - Relaxation | 57 |
| Chapter 9: Coping Skills – Breathing | 64 |
| Chapter 10: Personal Anxiety Management Planning | 71 |
| Final Group Session | 77 |
| Small Group Action Planning Guide | 79 |
| Anxiety Management Group Permission Form | 80 |
| Anxiety Management Group Expectations | 81 |
| Group Attendance Form | 82 |
| Group Attendance Form (Example) | 83 |
| Pre- and Post- Group Survey | 84 |
| Pre- and Post- Group Survey Answer Key | 86 |
| Post-Group Survey Results | 87 |
| Post-Group Survey Results (Example) | 88 |
| Certificate of Completion | 89 |
| Anxiety Management Group Completion Letter | 90 |
| References | 91 |
| About The Author | 92 |
| About NCYI | 94 |