

ANXIETY EDUCATION



It is important for the facilitator of this activity to have a thorough knowledge of and experience working in the area of mental illness.

Purpose: Refer to Mental Illness Education (pgs 29-30 in SMILES manual)

Requirements:

- "Reachout Anxiety Fact Sheet" (for facilitator to refer to). Could be photocopied as a handout for older age group.
- A copy of the body diagram (see handouts) for each child.
- A copy of the Anxiety Worksheet (see handouts) for each child.

Format:

- Split the group into two even groups, hand out the 'anxiety worksheet' and ask the group to discuss the questions between them, recording their answers.

This allows the children an opportunity to start talking about anxiety – whether or not their answers are correct in this initial discussion is not important. The correct answers will be clarified as you work through the facts with them.

- Resume as a group to discuss their answers. **In advance**, draw a copy of the body diagram on the whiteboard. Handout a copy of the body diagram to each child. While discussing their answers and getting responses about the symptoms of anxiety, write the symptoms on the part of the body affected. The children may want to write the symptoms on their diagram at the same time.

Symptoms to place on the body diagram include:

- Dry mouth/difficulty swallowing
 - Tense muscles
 - Sweaty hands
 - Goose bumps
 - Shaky body, hands (trembling)
 - Butterflies in tummy (feel sick)
 - Headaches
 - Heart beats fast (rapid heart rate & breathing)
- Write the main points about anxiety on flip chart paper (**do in advance if possible**) and blue tac to the walls so the children may refer back to the information.



The Reachout Anxiety Fact Sheet may be downloaded from www.reachout.com.au