

Anxiety Intervention - Session Six

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This session plan is the final session in a series of six that supports young people to understand what anxiety is, its triggers and how they can manage it.

Before you start, ask the group to review their ground rules.

What Has Been Learnt about Anxiety and What Can Be Done to Help Manage the Effects of It?

1. Ask young people to think about the new skills they have learnt and what techniques they have been using.
2. Ask each young person to complete the **Anxiety Coping Toolkit**. Encourage them to think about the kinds of things they would put into their toolbox. For example: a journal, a positivity jar, a pair of trainers, a favourite pet, a bottle of water, a book or a favourite picture. Help each young person write each one of their ideas onto a section of the activity sheet and allow them to personalise their toolbox.
3. Once they have done this, discuss as a group what is in their toolkits and how they have been using each of the items.
4. Encourage each young person to take their toolkit away with them and recreate this using items that fit into a real shoebox. If they choose something that does not fit in the shoebox (e.g. a pet), they could take a picture and put that inside instead.
5. At the end of the session, ask them to complete the same short questionnaire that they completed in the first session (attached) and discuss with them if there are any changes, either positive or negative. The results will indicate whether a young person needs further intervention or not.