

Anxiety Intervention - Session Three

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This session plan is the third 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 Can Help You to Deal with and Manage Anxiety?

1. Ask young people to complete the **How Do I Manage My Anxiety?** worksheet. The activity asks young people to fill in the boxes with their thoughts and ideas about how they manage their anxiety.
2. Once young people have completed the activity, talk through their answers individually and then create a list of the collective ideas.
3. Ask the group if there are any ideas there that they think would be worth trying.
4. If they want to try something new, encourage them to talk to the person who uses that strategy. They can share ideas.
5. Attached is a completed resource that young people can look at after they have completed their own. You might want to add them onto the diagram or use them to prompt further ideas and discussion.