

IndieFlix presents

# Angst

RAISING  
Awareness  
AROUND  
Anxiety



# What Comments from the Film Stood Out to You?

*“There is always someone smarter, prettier,  
and better than you.”*

*-What do you think the student meant by this?*

**FOMO – Fear Of Missing Out**

*-How does social media impact this for you?*

# Anxiety and Stress are Normal??

YES!! We ALL experience it at times.

It is part of being human and does not discriminate.

Anxiety is treatable.

The first thing we can do is start talking about it,  
which is why we are doing this today! Raising Awareness!!

# Symptoms of Anxiety

What are signs are bodies give us when we are experiencing anxiety?

\*\*movie clip <https://vimeo.com/325095674/9d1fa7976d>



Have class share out

# Ways to Cope With Anxiety at School

**What are some tools or tips you can use to manage anxiety?**

Don't avoid! The worst way to cope with anxiety is to avoid the trigger (the thing that is making you worry)

Don't let yourself get stuck and give yourself a break

Ask for help

# How Can You Cope with Anxious Feelings?

**Exercise** – Exercise helps both physically and mentally.

**Relax** – Learn deep breathing techniques (such as Box Breathing); consider trying yoga or meditation.

**Get enough Sleep** – Try to get 8 to 9 hours of sleep each night.

**Learn to laugh** – Laughing decreases anxious feelings

**No alcohol & drug consumption** – Be careful not to use alcohol, nicotine, or other drugs to “self-treat” anxiety.

# How Can You Cope with Anxious Feelings?

**Reduce caffeine intake** – Caffeine makes your heart race, which can make anxiety worse.

**Eat a well-balanced diet** – Eating healthy, well-balanced meals and avoiding junk food when possible keeps you in your best form, so you're better able to cope with anxiety-provoking situations.

**Create a support network** – Talk to friends you can trust.

# How Can You Cope with Anxious Feelings?

**Learn to manage your time** – Putting tasks off can become overwhelming. Get organized and review your daily tasks each morning. Break larger, more intimidating tasks down into smaller steps. Focus on one step at a time. Learn to do the most important things first.

**Challenge your perfectionism** – Chill out, praise yourself for trying.



# How Can You Help a Friend or Family Member?

**Educate yourself** – Understanding what your friend is going through will help you better support them. It will also help alleviate frustrations that you may have about his or her behaviour.

**Be supportive** – Encourage your friend when he or she is having a tough time and be empathetic to what he or she is going through. Be respectful but do not support avoidance of stressful situations.

# How Can You Help a Friend or Family Member?

**Don't try to change your friend** – Modify your expectations of how you want your friend to be and accept your friend for who he or she is.

**Communicate** – Be sure to listen with a nonjudgmental attitude. Help him or her find treatment. Sometimes it's hard to take the first step alone. Be a good support and encourage your friend to get help.

# How Can You Help a Friend or Family Member?

**Encourage** – Encourage your friend to confront stressful situations and support them through the experience, rather than avoiding anxiety-provoking situations. Avoidance can actually make the anxiety disorder worse.

**Be fun** – Sure it's good to have someone to talk to, but your friends need you to keep the fun going. Help make them laugh and relax.

# If you want to talk to a counselor at some point, here is how you contact them.

You can stop by our offices (right by the elevators on the first floor)  
or send us an email.

Mrs. Busold [Sarah.Busold@bexley.us](mailto:Sarah.Busold@bexley.us)

Mrs. Louys [Tara.Louys@bexley.us](mailto:Tara.Louys@bexley.us)