

Annex 2 – Call to Action Activity Template

Theme: Dealing with Anxiety

Thematic Area	Dealing with Anxiety
Activity Title	Managing Anxiety: A Self-Help Workbook
Type of resource	Self-Help Activity
Photo	

<p>Duration of Activity (in minutes)</p>	<p>30'</p>	<p>Learning Outcome</p>	<ul style="list-style-type: none"> • Learners will be able to identify their personal triggers for anxiety. • Learners will be able to develop and practice self-care techniques to manage anxiety. • Learners will be able to challenge and reframe negative thoughts to reduce feelings of anxiety.
<p>Aim of activity</p>	<p>Through this activity, learners will gain a deeper understanding of their personal anxiety triggers and be able to develop and apply self-care techniques that work specifically for them. This activity also helps learners challenge and reframe negative thoughts, which can significantly reduce feelings of anxiety over time. By completing this self-help activity, learners take an active step toward promoting their own mental health and well-being. They gain a sense of empowerment and control over their anxiety, which can lead to increased self-confidence and self-esteem. Ultimately, the value of this activity lies in the positive impact it can have on learners' mental health and overall quality of life.</p>		
<p>Materials Required for Activity</p>	<p><i>Worksheet/ Pen/ Markers</i></p>		
<p>Step-by-step instructions</p>	<p><i>Step 1: Introduce the self-help activity and its purpose to the learners, explaining how it relates to the theme of "Dealing with Anxiety." Encourage learners to take their time completing the activity and to think deeply about their personal experiences with anxiety.</i></p> <p><i>Step 2: Provide learners with the necessary materials, including the worksheet and any additional resources. Encourage learners to personalize their worksheet using art supplies or by adding additional notes or reflections.</i></p> <p><i>Step 3: Provide guidance and support to learners as they complete the activity. Encourage learners to ask questions and to share their experiences with their peers. Remind learners that this is a safe space and that they should feel comfortable sharing their thoughts and feelings.</i></p> <p><i>Step 4: Facilitate a group discussion after the completion of the activity. Ask learners to share their experiences with anxiety and to discuss how</i></p>		

the activity helped them to manage their anxiety. Encourage learners to share tips and strategies with each other.

Step 5: Provide additional resources and support to learners as needed, including information on how to access mental health services if necessary.

Step 6: Encourage learners to continue practicing self-care in their daily life and to reach out for support when needed.

DEALING WITH ANXIETY SELF-HELP ACTIVITY

THINK ABOUT A TIME WHEN YOU FELT ANXIOUS. WRITE DOWN WHAT TRIGGERED THE ANXIETY AND HOW YOU FELT AT THAT MOMENT.

NOTES:

THREE THINGS YOU CAN DO TO CALM YOURSELF DOWN WHEN YOU'RE FEELING ANXIOUS.

1.

2.

3.

NOTES:

DUMP ZONE FOR IDEAS (POSITIVE AFFIRMATION)

FOCUS ON TODAY'S TASKS AND DUMP THE REST FOR LATER!
AND DON'T FORGET: IT'S OK TO BE ANXIOUS!