The Anxiety Module provides digital resources for coping with anxiety. This module will be the groundwork for a library of modules. Currently mental health professional I am working with conducts face to face group counseling. We will be migrating as much of these activities into a digital format. The actual in person group sessions run about an hour long. Both my client and I want to keep this as simple as possible. For our purposes we will be emulating a version of Structured Skill Development and Support (SSDS) mental health model which breaks down to:

**Tell**

* What the skill is, define it.
* Why the skill is important.
* When it may be useful.

**Show**

* How to do the skill
* Modeling

**Do**

* Practice the skill

**Review**

* Discussion and Feedback

**The learners’ journey includes:**

1. Understanding what anxiety is and how to recognize its triggers.
2. Introduce coping strategies for the following areas:

	1. Preventative
	2. In the moment strategies
		1. External/Physical
			1. Relax
			2. Cool Down
			3. … more
		2. Internal/Mental strategies
			1. Visualization
			2. Positive Self Talk
			3. … more
3. Practice
	1. “Modeling” or “role play” in the form of an animation.

*Modeling is typically done as an in person activity. Animations or videos showing examples of the activity will be substituted for the face to face instructions.*

* 1. Drag and drop activity - This exercise is meant to get the learner to do self reflection and think about what strategies (skills) maybe utilized to aid in reducing anxiety.
	2. Real life experience – It is the learners’ responsibility to practice the strategies in real time triggered events.
1. Review of Strategies – self evaluation
	1. Preventative – does the strategy work? If not try a new strategy.
	2. In The Moment – does the strategy work? If not try a new strategy.
2. Feedback:
	1. Online survey

**Goals:** Clients will learn effective strategies for coping with anxiety.

**Objectives:**

* Clients will gain awareness of what anxiety is.
* Clients will gain awareness of triggers which may invoke anxiety.
* Clients will learn multiple strategies for coping with anxiety.

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| Assignment / Activity*What are learners doing?* | Outcome / Purpose*Why are learners doing the assignment /**activity?* | Necessary Content*What do learners need for the assignment /**activity?* |
| Assignment: Reading activity* Introduction / Icebreaker
* Define anxiety

*What we would like to have: An interactive web activity (word play or matching game) to aid in thought processes.* | **Purpose:** To gain understanding of what anxiety is.Outcomes #1 | * Reading and/or listening skills
* Access to the internet
* computer or mobile device
 |
| Assignment: Reading Activity* Strategies to help cope with anxiety.
	1. Preventative
	2. In the moment strategies
 | **Purpose:** Clients will gain awareness of triggers which may invoke anxietyOutcomes #2 | * Reading and/or listening skills
* Access to the internet
* computer or mobile device
 |
| Modeling:* Practice strategies – in the moment *(consider this a type of personal homework)*
* *Would like a drag and drop activity*
 | **Purpose:** Clients will learn multiple strategies for coping with anxiety.Outcomes #3 | * Reading and/or listening skills
* Access to the internet
* computer or mobile device
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| Optional Feedback:* Fill out the optional feedback form/survey.
 | **Purpose:** To help the educator evaluate how or where to adapt the training for improvements.*i.e. what’s working and what’s not What works for one person may not work for another.* | * Reading and/or listening skills
* Access to the internet

computer or mobile device |