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 anxiety  Outcomes #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 |
| 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 |