**About the Anxiety Workshop**

* This is a 6-session workshop intended to provide information about anxiety, help you explore how anxiety shows up for you, and to gain tools to manage the anxiety
* The workshop runs on a “loop” and all 6 sessions are offered twice per semester
* You can join at any time—you do not need to join at session 1
* As long as you come to all 6 sessions you will have completed the workshop
* If you miss a session, you can elect to make it up when it loops back around

**What to expect**

* For best results, participants are asked to apply the information and practice the skills between sessions
* You only share what you’re comfortable sharing
* This is a skills-based group, meaning that it will have a “classroom-y” format
* There is a maximum of 11 members in the workshop with 2 co-facilitators
* Each session is structured with the following activities:
  + Introductions & ice breaker
  + **A close up of a logo

    Description automatically generated**Mindfulness activity
  + Skills review & troubleshooting from last week’s skills
  + Teaching the topic and skills of the week
  + Practicing of new skills, time permitting
* We ask participants to try the workshop for 3 sessions before exiting if they do not wish to complete the workshop

**Anxiety Workshop**

6-week anxiety skills group

1. **Biological Focus: Function & Biological Factors**

*Goal: Members will learn about the evolutionary roots and functions of anxiety and explore biological factors that influence anxiety.*

* 1. Provide information on evolutionary nature of anxiety
  2. Provide information on the function of anxiety and fight/flight/freeze response
  3. Provide information on vulnerability factors and members will consider and build awareness and impact of their own vulnerability factors
  4. Members will learn PLEASE skills for reducing vulnerability factors

1. **Biological Focus: Panic Attacks & TIPP Skills**

*Goal: Members will learn about panic attacks from a biological/evolutionary perspective, and learn basic distress tolerance skills*

* 1. Discuss reading on biological foundation and symptoms of panic attacks
  2. Teach and practice basic TIPP Skills, discuss their application
  3. Provide information on triggers & help members reflect on their own anxiety triggers

1. **Psychological Focus: Building Awareness**

*Goal: Members will develop an awareness of their own experiences of anxiety using a CBT framework*

* 1. Discuss the importance of building awareness of anxiety in coping
  2. Provide information on the CBT Model using worksheets
  3. Provide brief introduction to cognitive distortions

1. **Psychological Focus: Defusion Techniques & Mindfulness**

*Goal: Members will begin to challenge and change the relationship to thoughts that contribute to anxiety. Members will also learn basic mindfulness skills*

* 1. Members will learn basic ACT thought defusion techniques
  2. Provide an introduction to mindfulness and teach basic skills

1. **Psychological Focus: Check the Facts, Container, & Calm Space**

*Goal: Members will challenge interpretations, thoughts, and assumptions that contribute to anxiety*

* 1. Provide information and teach the DBT skill “Check the Facts”
  2. Provide information and teach the skills “Container” and “Calm Space”
  3. Guide students through a practice of these skills

1. **Psycho-Social Focus: Self-Talk, Self-Compassion, & Social Anxiety**

*Goal: Members will gain awareness of their self-talk and how it shows up in social situations. Members will learn to replace negative self-talk with self-compassion.*

* 1. Discuss and explore the role of past experiences on the formation of current self-talk
  2. Build awareness of own self-talk and help members move toward self-compassion
  3. Discuss social anxiety and Understanding Self & Others (USO) groups as a mode of treatment