

Stress Snowball Toss



Focus/Content Description

This content is designed to provide a starting point for discussing experiences with anxiety and mental health through an interactive activity.

The activity should last **approximately 30-40** minutes.

This activity **does not** have pre-requisites.

Learning Outcomes

At the end of the session, participants should be able to:

- Identify similar experiences that sisters have surrounding anxiety.
- Understand that anxiety looks and feels different to everyone.

Supplies

1. Index Cards or Slips of Paper
2. Writing Utensils

Preparation

1. Obtain index cards or slips of paper, one for each participant
2. To create groups for discussion:
 - a. For small chapters, divide into groups of 8-10.
 - b. For medium to large chapters, divide into groups of 25 – 30 participants per group for this activity.
 - c. Either pre-assign the groups or divide the participants in a quick method that creates mixed groups of participants across years in school, friend groups, majors, etc.

3. Choose a chapter leader to lead each group. Provide each small group leader the instructions for what to do once they are divided into their groups.

Space Set-Up

1. Ensure the space is large enough for the group to sit in a circle and break into smaller groups. There are no needs for internet for this activity.

Resources Utilized

1. N/A

Facilitate

Introduction		Total Time: 3 Minutes
3 Minutes	<p>Talking Points</p> <ul style="list-style-type: none"> • Greet everyone and thank them for joining. • Introduce yourself as the facilitator. Include the following: <ul style="list-style-type: none"> ○ Your name ○ Where you come from and/or currently live ○ Your role ○ Your connection to Sigma Kappa ○ Why this topic is important to you ○ An interesting short story about yourself or fun fact related to the topic • Review the learning outcomes and the return on participant investment. 	

Snowball Toss		Total Time: 25 Minutes
Activity Introduction		
5 Minutes	<p>Talking Points</p> <ul style="list-style-type: none"> • Share with the group that as college women, they are often pulled in different directions. Balancing work, school, sorority life, families and personal lives can be overwhelming at times. Today, they are going to spend some time reflecting on and thinking about the areas in our lives where we may experience anxiety. The hope is that by thinking and talking about their individual experiences with anxiety, they can create a more open and supportive sisterhood. • Explain that the activity for the day will provide the participants a way to talk about their personal experiences with anxiety in an anonymous way. • Share that they are going to be broken up into small groups but first they are going to do the personal reflection that will allow for the anonymous sharing in their small groups. 	

	<ul style="list-style-type: none"> • Pass out the index cards/slips of paper. • Let participants know that while their responses are anonymous, they might be read aloud to their small group by another participant. • Ask participants to reflect on and write their thoughts to the following questions on each side of the index card/slips of paper.
Reflection Questions	
5 Minutes	<p>Talking Points</p> <ul style="list-style-type: none"> • After each participant has an index card/slip of paper, share the following two reflection questions: <ul style="list-style-type: none"> ○ Side one: When do you typically experience anxiety? What is a time, recently, that you have experienced anxiety? ○ Side two: How does anxiety manifest for you? What thoughts or behaviors do you typically experience when anxious? • Give participants 5-7 minutes to reflect and write on their index cards/slips of paper.
Activity	
15 Minutes	<p>Talking Points</p> <ul style="list-style-type: none"> • Once all (or most) participants have finished writing, move the group into their small groups. • When the small groups are settled, turn the activity over to the small group leaders. <p>Small group leader instructions and talking points</p> <ul style="list-style-type: none"> • Remind the group participants before getting started that this activity is safe space for sisters to talk about experiences with anxiety in an anonymous way. • Ask them to crumple up their index cards/slips of paper and toss them into the center of the group. • Once all participants have tossed in their index cards/slips of paper, have each participant go into the center and retrieve a crumpled index card/slip of paper and return to their spot. • When the participants are settled in their spots, ask them to open and silently read and reflect on what is written on their index card/slip of paper for two minutes. • Share that in the next part of the activity, a participant will stand and read one side of their card/paper they are holding aloud. If other participants in the group have something similar written on either side of the card/paper they are holding, they should silently stand until the next card/paper is read. • Explain that participants should continue popcorn-style reading their cards/papers and standing until it seems all unique cards/papers have been read. • Begin the activity by having the first participant stand and read aloud the card/paper she is holding.

Activity Debrief		Total Time: 5 Minutes
Discussion		
5 Minutes	<p>Talking Points</p> <p>Small group should debrief using the following questions:</p> <ul style="list-style-type: none"> • What are your general reactions or feelings following this activity? • What is something that surprised you during this activity? • What have you learned by completing this activity? • How might we as a chapter help each other more during moments of/experiences with anxiety? • Is there anything else anyone would like to share about anxiety or this activity? 	

Wrap Up/Debrief		Total Time: 2 Minutes
Reflection/Final Takeaways		
2 Minutes	<p>Talking Points</p> <ul style="list-style-type: none"> • Validate everyone's thoughts and emotions by sharing that anxiety shows up differently for everyone. • Provide contact information for resources on-campus (such as counseling services or Dean of Students Office) and through Sigma Kappa (Talkspace) that can help them when experiencing anxiety. • Share that as sisters, they should always be there to help a sister when needed. 	