

This or That Anxiety Edition



Focus/Content Description

This content is designed to provide your members an opportunity to learn more about anxiety and how it effects current college students. The basis of this activity comes from statistics about anxiety. This activity could also be an introduction to a larger program that focuses on anxiety or a related topic.

The activity should last **approximately 20** minutes.

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

Learning Outcomes

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

- Identify statistics related to anxiety and college students.
- Feel more comfortable acknowledging or sharing their experience with anxiety with fellow chapter members.

Supplies

1. N/A

Preparation

1. Read the list of the questions for the activity and determine if you would like to remove or add any.

Space Set-Up

1. Choose a space where participants will be able to move freely for the activity.

Resources Utilized

1. [What to Say \(and Not to Say\) to Someone with Anxiety](#), UW Medicine
2. [Gen Zs are Anxious, Entrepreneurial and Determined to Avoid Their Predecessor's Mistakes](#), Newsweek

3. [How To Explain Anxiety to People Who Don't Get It](#), Bustle
4. [Mental Health Statistics](#), Made of Millions Foundation

Facilitate

This or That		Total Time: 20 Minutes
Directions & Talking Points for Facilitator		
X minutes	Talking Points <ul style="list-style-type: none"> • Before getting the members up out of their seats, review how the activity will go. • Share that the topic being discussed is anxiety and that if anyone feels uncomfortable at any time that they should feel free to leave the room. 	
Activity		
	Directions <ul style="list-style-type: none"> • Explain that you will read a statement and indicate which side of the room they should move to depending on which response they choose. • Encourage the members to choose a side even if the choice between responses is difficult for them. • Share that after each statement is read and all participants have made a choice, you will ask a volunteer to share why they chose that side or to explain their response. Examples of questions to ask include: <ul style="list-style-type: none"> ○ Tell me why you agree/disagree with the statement. ○ Does the number of members that chose this side of the room surprise you? If so, why? ○ How does it make you feel to see so many members who agree/disagree with the statement just read? 	
15 Minutes	Talking Points <ul style="list-style-type: none"> • Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement: <ul style="list-style-type: none"> ○ Generation Z is said to be the loneliest generation. • Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement: <ul style="list-style-type: none"> ○ "Anything worth doing is worth doing badly the first time." ~ quote from author and poet GK Chesterton • Move to the left side of the room if you think the following statement is true, move to the right side of the room if you think the following statement is false: 	

- True or False: Anxiety is normal and healthy. It keeps us safe and motivates us.
 - Answer = True. It only becomes a problem when someone becomes overly anxious and it interferes with daily life.
- Move to the left side of the room if you think the following statement is true, move to the right side of the room if you think the following statement is false:
 - True or False: 91% of young adults said they had felt physical or emotional symptoms associated with stress, such as depression or anxiety.
 - Answer = True.
- Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement:
 - I generally have feelings of fear, worry, and/or uneasiness.
- Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement:
 - Common psychological symptoms of anxiety include: being unable to relax and enjoy activities.
- Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement:
 - Common physical symptoms of anxiety include: sweating and teeth grinding.
- Move to the left side of the room if you agree with the following statement, move to the right side of the room if you disagree with this statement:
 - In a new setting, I worry about how I will be perceived by others.
- Move to the left side of the room if you think the following statement is true, move to the right side of the room if you think the following statement is false:
 - True or False: Anxiety disorder is the most common mental health condition in America, affecting around 63 percent of the entire population.
 - Answer = False. While it is the most common mental health condition in America, anxiety disorder affects 18% of the entire population.
- Move to the left side of the room if you think the following statement is true, move to the right side of the room if you think the following statement is false:
 - True or False: 1.9 billion people will be affected by a mental health condition at some point in their lives, but of that number less than 20% will seek help.

	<ul style="list-style-type: none">○ Answer = False. Less than 40% of the 1.9 billion people affected with a mental disorder will seek help.
--	---

Wrap Up/Debrief

	<p>Talking Points</p> <p>After you have finished the activity, use the following questions to process what the group just experienced. This could be done as a think-pair-share or large group discussion.</p> <ul style="list-style-type: none">• What did you learn from this activity?• How did this activity change your perception of anxiety, if at all?• Do you believe anxiety is something that should be discussed openly? Share why or why not.• Ask for volunteers to share any of their answers to specific questions.
--	---