

Learning to Talk about Anxiety



Activity Description

This activity is designed to provide your members an avenue for talking about their personal experiences with anxiety in a safe and constructive way.

This activity can be facilitated in a number of ways.

- **Poll Everywhere:** Facilitate conversation in an anonymous way by creating a free Poll Everywhere account.
- **Large Sticky Notes/Flip Charts:** Facilitate conversation in an anonymous way using these.
- **Concentric Circles:** Not anonymous – for those chapters ready to dig a bit deeper into this topic with sisters

*Note that the questions vary slightly depending on the activity.

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

Learning Outcomes

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

- Understand that anxiety shows up differently for everyone.
- Feel more comfortable acknowledging or sharing their experience with anxiety with sisters.

Supplies:

1. Free Poll Everywhere account (if you choose this mode for the activity)
2. Large sticky notes/flip chart (if you choose this mode for the activity)
 - a. Small sticky notes (one per question per member)
 - b. Writing utensils

Preparation:

1. For the Poll Everywhere option:

- a. Create a free Poll Everywhere account: use this link to get started <https://www.polleverywhere.com/guides/presenter/getting-started>
- b. Use the questions in the Poll Everywhere section below to create the poll ahead of time.
2. For the large sticky notes/flip chart option:
 - a. Write each question from the section below, one each large sticky note/flip chart.
3. For the concentric circles option:
 - a. These should not be done in groups that are too large so break the chapter up into smaller groups, with no more than 30 in a group.
 - b. Each group should have an even number of people.
 - c. Ensure you have a space large enough to do the number of concentric circles you will use for your chapter.

Resources Utilized:

1. <https://www.folio.ca/millennials-and-gen-z-are-more-anxious-than-previous-generations-heres-why/>
2. <https://www.newsweek.com/2019/06/28/gen-zs-are-anxious-entrepreneurial-determined-avoid-their-predecessors-mistakes-1443581.html>

Room Set-Up:

1. Determine which mode you will use for the activity then be sure the space you will use can accommodate that mode.

Facilitate

Poll Everywhere Option	
<ul style="list-style-type: none"> • Ensure that the free Poll Everywhere account has been created as well as the poll with the questions listed below. See the link above to set up the account. 	
Questions for Poll Everywhere Poll	
	<ul style="list-style-type: none"> • What are some reasons someone might want to disclose to a friend or family that they struggle with anxiety? • When do you feel nervous or worried? • Generation Z is said to be the loneliest generation. What might be some reasons for this? • What are some reasons you feel stress in your daily life? • What strategies do you use to manage or cope with stress in your daily life? • The path to success is not always clear. What words would you use to describe success? • Who or what influences your definition of success?

	<ul style="list-style-type: none"> The words “practical” and “cautious” have been used to describe recent college graduates. What words would you use to describe your peers and why?
Activity	
15 Minutes	<ul style="list-style-type: none"> Explain that this activity will be done anonymously through Poll Everywhere. Provide the link or the QR code to the members so they can complete the poll. Give them no more than 10 minutes to complete it. Have the members pair and share using the following: <ul style="list-style-type: none"> What was the most difficult question to answer and why might that be? What are your thoughts about Gen Z and anxiety following this poll? If you feel comfortable, share an experience you have had with anxiety or high levels of stress. Present the poll responses to the chapter either using a word cloud via Poll Everywhere or monitor the responses as they come in and note some themes that show up in them.
Group Discussion	
5 Minutes	<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.

Large Sticky Note/Flip Chart Option	
<ul style="list-style-type: none"> Ensure that each question below is written on a large sticky note/flip chart (one question per piece of paper) and hung on the walls around the room. You will also need smaller sticky notes to distribute to each member. Members will need a sticky note for each question. This allows them to respond to the questions anonymously. 	
Questions for Large Sticky Notes/Flip Charts	
	<ul style="list-style-type: none"> What are some reasons someone might want to disclose to a friend or family that they struggle with anxiety? When do you feel nervous or worried? Generation Z is said to be the loneliest generation. What might be some reasons for this? What are some reasons you feel stress in your daily life? What strategies do you use to manage or cope with stress in your daily life? The path to success isn’t always clear. What words would you use to describe success? Who or what influences your definition of success?

	<ul style="list-style-type: none"> The words “practical” and “cautious” have been used to describe recent college graduates. What words would you use to describe your peers and why?
Activity	
15 Minutes	<ul style="list-style-type: none"> Explain that this activity will be done anonymously through sticky notes and pass out enough sticky notes so each member has one for each question. Have the members walk around for 10 minutes, write their answers to as many questions as possible and stick their sticky note up on the wall. After the 10 minutes, have the group walk around and read others’ responses.
Group Discussion	
5 Minutes	<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.

Concentric Circles Option

- Break the chapter into their small groups and spread them out throughout the room.
- Have all of the members of each small group count off by twos. There will be two groups (ones and twos).
- Instruct the ones to form a circle and face outward, with their backs to each other.
- Instruct the twos to stand in front of and face someone in the circle the ones created. There will now be two circles, one inside the other.
- Ensure that everyone has a partner.

Questions for Concentric Circles

	<ul style="list-style-type: none"> What are some reasons someone might want to disclose to a friend or family that they struggle with anxiety? Describe a time you felt nervous or worried in a social situation. What was the social situation (for example: in class) and how did you feel? Generation Z is said to be the loneliest generation. What might be some reasons for this? Describe a time you felt stressed. What led to this stress in your life? What strategies do you use to manage or cope with stress in your daily life? Research shows that Generation Z is one of the most educated generations, but that their path to success is less clear. Describe what the path to success looks like for you. How is your path to success defined by outside influences?
--	--

	<ul style="list-style-type: none"> • The words “practical” and “cautious” have been used to describe recent college graduates. What words would you use to describe your peers and why? • An article from the Wall Street Journal called Gen Z the most anxious generation to go to work. When you think about your future place if employment, what characteristics or personality traits would you want in your boss? How would you describe your ideal company culture?
--	--

Activity

15 Minutes	<ul style="list-style-type: none"> • Explain that for each question asked, the inner circle will respond first and have one minute to respond while their partner in the outer circle listens until it is their turn to respond for one minute. • Before the next questions, have the outer circle move three partners to the left. • Before the third question, have the inner circle move five spaces to the right. • Before the fourth question, have the outer circles moves two spaces to the left. • Continue to have the outer and inner circles rotate for each question. Be sure that each time the circles rotate they have a new partner to speak with. • Read the questions in the section above aloud to the group as indicated above.
------------	---

Group Discussion

5 Minutes	<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.
-----------	--