

## Stress Snowball Toss

### Starting Chapter Discussions on Anxiety



#### Activity Description

This workshop is designed to provide a starting point for discussing experiences with anxiety and mental health.

The program should last approximately 30-40 minutes.

#### Learning Outcomes

At the end of the activity, 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 card or slips of paper (one per member)
2. Writing utensils

#### Preparation:

1. For small chapters, divide into groups of 8-10. For medium to large chapters, divide into groups of 25 – 30 members per group for this activity. Either pre-assign the groups or divide the members in a quick method that creates mixed groups of members across years in school, friend groups, majors, etc.
2. 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.

#### Resources Utilized:

1. n/a

#### Room Set-Up:

1. There needs to be enough space for the group or groups to sit in a circle.

# Facilitate

Snowball Toss Activity		Total Time: 30-40 Minutes
<ul style="list-style-type: none"> <li>Prior to breaking the chapter into smaller groups, the lead facilitator or activity organizer should provide the following information to the chapter.</li> </ul>		
Introduction		
3 Minutes	<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Explain that the activity for the day will provide the members a way to talk about their personal experiences with anxiety in an anonymous way.</li> <li>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.</li> <li>Pass out the index cards/slips of paper.</li> <li>Let members know that while their responses are anonymous, they might be read aloud to their small group by another member.</li> <li>Ask members to reflect on and write their thoughts to the following questions on each side of the index card/slips of paper.</li> </ul>	
Reflection Questions		
7 Minutes	<ul style="list-style-type: none"> <li>After each member has an index card/slip of paper, share the following two reflection questions:               <ul style="list-style-type: none"> <li><b>Side one:</b> When do you typically experience anxiety? What is a time, recently, that you have experienced anxiety?</li> <li><b>Side two:</b> How does anxiety manifest for you? What thoughts or behaviors do you typically experience when anxious?</li> </ul> </li> <li>Give members 5-7 minutes to reflect and write on their index cards/slips of paper.</li> </ul>	
Activity		
20 Minutes	<ul style="list-style-type: none"> <li>Once all (or most) members have finished writing, move the group into their small groups.</li> <li>When the small groups are settled, turn the activity over to the small group leaders.</li> </ul> <p><b>Small group leader instructions and talking points</b></p>	

	<ul style="list-style-type: none"> <li>• Remind the group members before getting started that this activity is safe space for sisters to talk about experiences with anxiety in an anonymous way.</li> <li>• Ask them to crumple up their index cards/slips of paper and toss them into the center of the group.</li> <li>• Once all members have tossed in their index cards/slips of paper, have each member go into the center and retrieve a crumpled index card/slip of paper and return to their spot.</li> <li>• When the members 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.</li> <li>• Share that in the next part of the activity, a member will stand and read one side of their card/paper they are holding aloud. If other members 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.</li> <li>• Explain that members should continue popcorn-style reading their cards/papers and standing until it seems all unique cards/papers have been read.</li> <li>• Begin the activity by having the first member stand read aloud the card/paper she is holding.</li> </ul>
--	--

**Activity Debrief**

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

**Wrap-Up**

2 Minutes	<p><b>Lead facilitator/activity organizer wrap-up</b></p> <ul style="list-style-type: none"> <li>• Validate everyone’s thoughts and emotions by sharing that anxiety shows up differently for everyone.</li> <li>• 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.</li> <li>• Share that as sisters, they should always be there to help a sister when needed.</li> </ul>
-----------	--