

This or That Anxiety Edition Learning about Anxiety



Activity Description

This activity 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.

The VPP, an advisor, or campus faculty or staff member could facilitate the activity. This activity could also be an introduction to a larger program that focuses specifically on anxiety facilitated by someone on campus (e.g. counseling or wellness services).

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

Learning Outcomes

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

- Identify some statistics related to anxiety and college students.
- Feel more comfortable acknowledging or sharing their experience with anxiety with sisters.

Supplies:

1. None

Preparation:

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

Resources Utilized:

1. <https://rightasrain.uwmedicine.org/mind/mental-health/what-say-and-not-say-someone-anxiety>
2. <https://www.google.com/amp/s/www.newsweek.com/2019/06/28/gen-zs-are-anxious-entrepreneurial-determined-avoid-their-predecessors-mistakes-1443581.html%3Famp%3D1>

3. https://www.bustle.com/articles/159599-how-to-explain-anxiety-to-people-who-dont-understand?utm_source=facebook&utm_medium=owned&utm_campaign=bustle
4. <https://www.madeofmillions.com/stats>

Room Set-Up:

1. Choose a space where members will be able to move freely from one side of the room to the other.

Facilitate

This or That	
<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 Instructions	
15 Minutes	<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 sisters that chose this side of the room surprise you? If so, why? ○ How does it make you feel to see so many sisters who agree/disagree with the statement just read?
Activity Questions	
	<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: <ul style="list-style-type: none"> ○ 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."

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

5 Minutes	<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.
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