

## Unpacking Anxiety

### A Discussion on an Alumna's Blog Post



#### Activity Description

This activity is designed to introduce your chapter to a Sigma Kappa alumna who is living with anxiety and depression. You can read the blog post as a chapter and participate in small group discussion or post the link on OmegaOne with some of the information about Nicole and ask members to respond with what resonated with them.

The program should last **approximately** 15 minutes.

#### Learning Outcomes

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

- Determine how the blog post resonates with them.
- Think about how to support people who live with anxiety.

#### Supplies:

1. Projector and screen to show the blog article to the chapter or print out copies for the members or provide the link to members so they can read it on their own device.

#### Preparation:

1. Read the blog post linked below ahead of time.

#### Resources Utilized:

1. Blog article: [https://www.whatnicolewore.com/life-with-anxiety-depression/?fbclid=IwAR2AzWsdVXze8lZd00q7ZcmCjn4oCC\\_2r-aU6gOT2OWZicSgiTqoc8DZgo8](https://www.whatnicolewore.com/life-with-anxiety-depression/?fbclid=IwAR2AzWsdVXze8lZd00q7ZcmCjn4oCC_2r-aU6gOT2OWZicSgiTqoc8DZgo8)

#### Room Set-Up:

1. n/a

# Facilitate

<b>Unpacking Anxiety Discussion</b>		<b>Total Time: 15 Minutes</b>
<ul style="list-style-type: none"><li>• Provide a trigger warning that you are going to discuss anxiety and read about one alumna's personal experience with it. If at any time a member is uncomfortable, they should feel free to leave the room.</li></ul>		
<b>Directions &amp; Talking Points for Facilitator</b>		
7 Minutes	<b>Directions &amp; Talking Points</b> <ul style="list-style-type: none"><li>• Tell the members you would like to introduce them to Nicole Green. Nicole is an initiate of the Theta Rho chapter and has a blog called "What Nicole Wore."</li><li>• Share that her blog post titled "Don't Be Nervous! Unpacking Anxiety and Depression" is an account of her lived experience and includes a review of Bloom, an app that combines digital therapy, guided journaling, and emotional analysis to provide a hyper-personalized digital therapy experience.</li><li>• Explain that in her post Nicole introduces readers to her mental health journey. She is very open about her struggles discussing her depression and anxiety with family and friends, her own personal struggle with her diagnosis, her experience taking an antidepressant medication, hormonal depression, coming out of the fog, and the benefit of therapy.</li><li>• Either project the blog post on a screen and ask members to read parts of it aloud, pass out copies of the post or give the link to the members and ask them to read it on their own device. Assume approximately 3-5 minutes to read the post.</li></ul>	
<b>Discussion Questions</b>		
8 Minutes	<ul style="list-style-type: none"><li>• After everyone has read the post, divide the chapter into groups of 5-7 for small chapters, 10-12 for medium sized chapters, and 15-20 for larger chapters.</li><li>• Once the groups are settled, ask them to share with each their responses to the following:<ul style="list-style-type: none"><li>○ What resonated the most with you about Nicole's story?</li><li>○ What about Nicole's story surprised you?</li><li>○ Why might it be difficult for people to share their experiences with anxiety with other people?</li><li>○ What are some ideas we have for how to support our sisters and loved ones who live with anxiety?</li></ul></li></ul>	