**Secondary Guidance Lesson**

*Anxiety and Healthy Strategies*

**Objective:**To help students identify signs of anxiety and develop healthy strategies to cope with anxiety.

**Video**: https://youtu.be/OOQYWtjhYH4

**Activity:**

Group Discussion questions

1. Think of a time in your life when you felt anxious…..

1. Describe the situation?

2. What words would you use to describe how you felt?

3. How did you overcome those feelings?

4. What helped? What did not help?

5. What are some healthy strategies you could use to deal with anxiety in the future?

**Follow-up/Closing:** Anxiety is a normal response to stressful, unfamiliar or dangerous situations. We all feel anxious from time to time, but some people struggle with overwhelming anxiety that prevents them from living their life. There are many techniques and strategies that you can use to help you through anxious feelings. Find one that works for you and use it whenever you feel anxious.