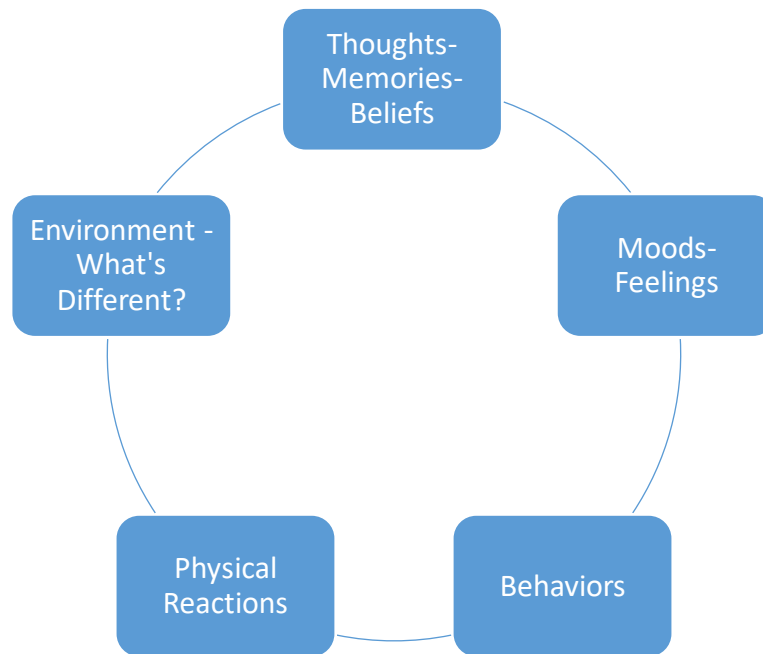


## Calming the Storm – Anxiety Management

### Group 1 Review and Personal Examples of Anxiety

Review from last group:

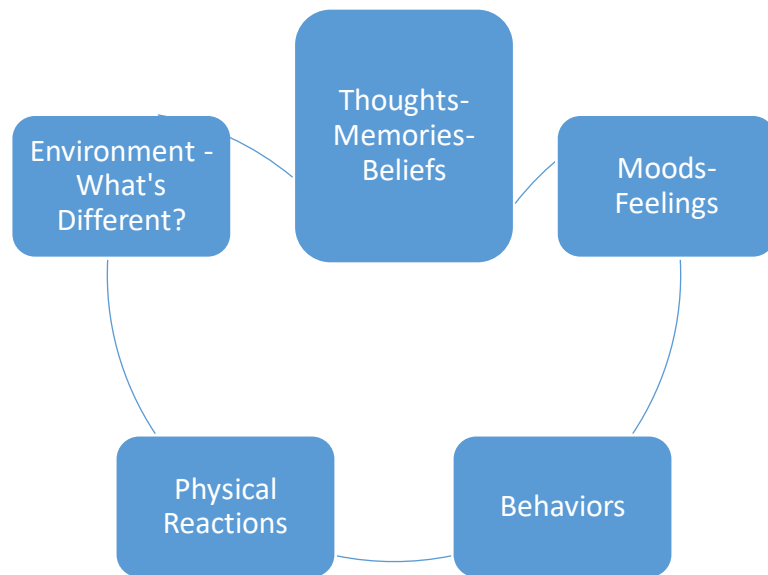


Note: When 1 element of our experience changed (either positive or negative) - all other elements are affected.

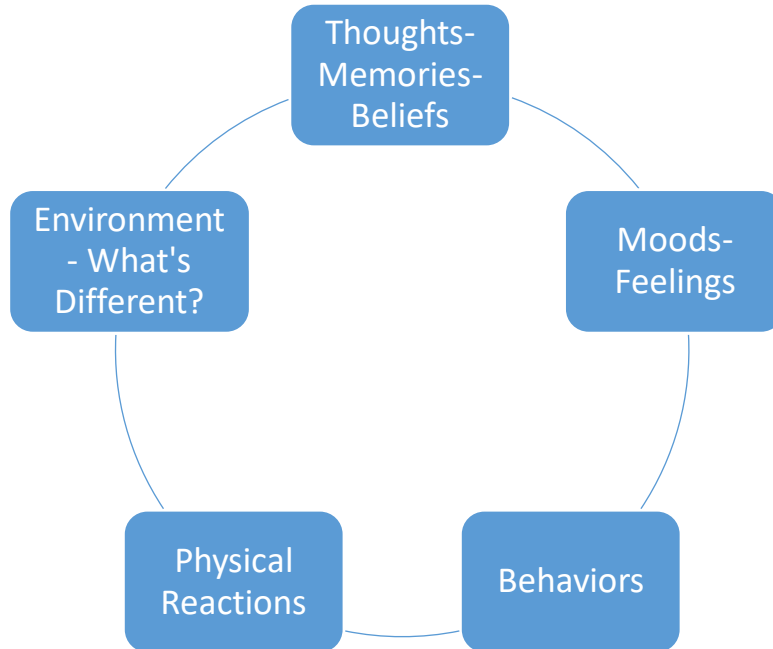
Lets practice this dynamic a bit and make sure we understand how it works:

**Scenario:**

1. You receive a D (Poor) on an important paper for your class.



2. Your supervisor compliments you on the project you've been working on.



**Now let's turn to your life.**

When was the last time you felt anxious or stressed out?

Share with the group.

