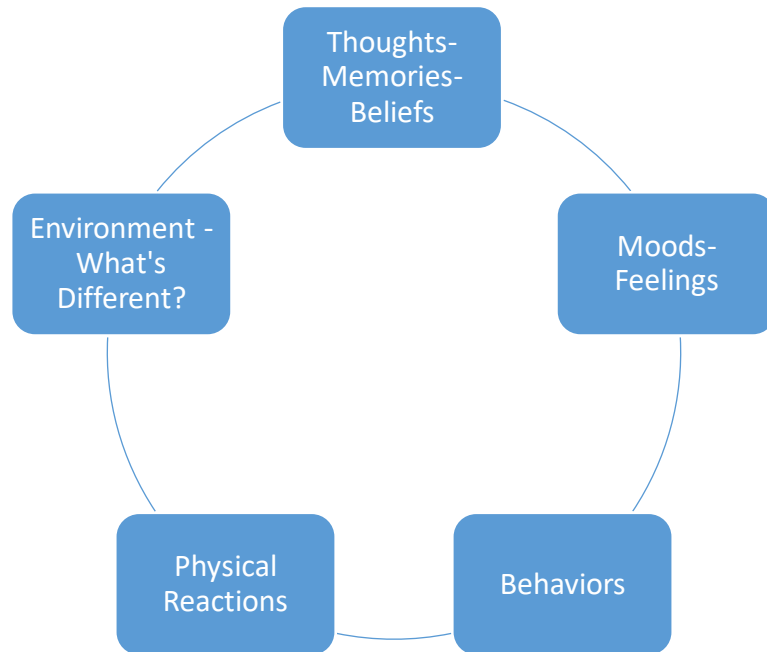


Calming the Storm – Anxiety Management

Group 1

Review from last group:

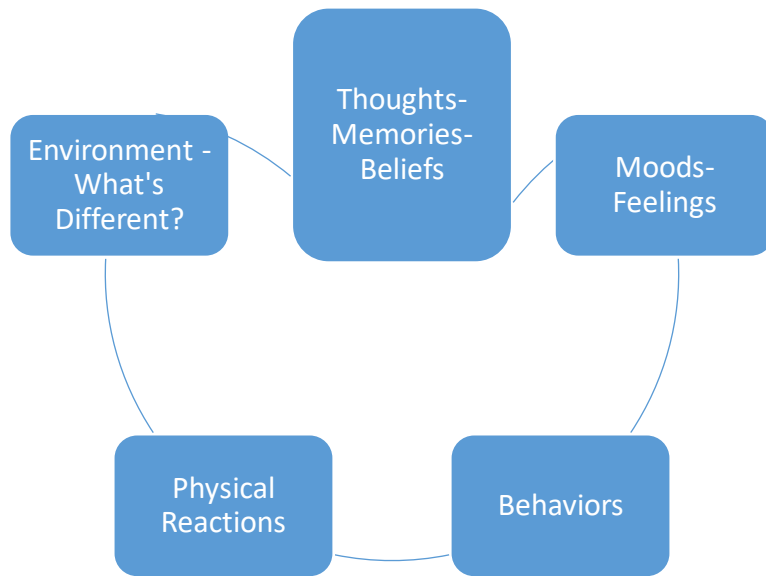


Note: When 1 element of our experience changed (either positive or negative) - all other elements are affected.

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.

