



## Week 11: Anxiety and Stress

### Topic Focus

#### *How do you recognize and manage anxiety and stress?*

Anxiety and stress can manifest in different ways. Signs of anxiety and stress can be physical, mental, or emotional. Physical symptoms can include stomachaches and headaches, while a mental sign could be difficulty focusing. Emotional signs of anxiety and stress include crying easily or feeling angry. Feelings of anxiety and stress are normal and can be managed in different ways.

When managing stress and anxiety there are many methods that can help. The best solution is for students to discover what helps them personally. This can be taking care of themselves physically by getting enough rest, eating well, or exercising. The student can also participate in an activity that they enjoy, like listening to music or hanging out with friends.

### Discussion Starters

Consider starting the discussion by asking:

- How are you feeling about your concurrent enrollment course?
- Have you felt overwhelmed or anxious about anything?
- Do you think you are successful in managing these feelings?

### Discussion Questions

To guide this week’s discussion, consider asking some of the following questions:

- What do you do when you feel stressed or anxious?
- Do you feel as though you are taking care of yourself physically?
- What are some activities you enjoy doing? Let’s make a list.
- How do you calm yourself down when you feel overwhelmed?

Student Name:

Course:

## Notes

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## Next Steps

To prepare for next week, ask students to:

- Take some time to take care of themselves.
- Bring their My Goal handout from Week 1.