



Anxiety Support Session Anxiety and Self Care

Hello and welcome to our Anxiety Support Session. Today we will be talking about [Anxiety and Self Care](#). These sessions will run at the same time each week and they are an opportunity for you all to learn from and share with one another. Let's remember to show kindness and support to others in the group at all times. If you need more support during this time, please connect 1-1 with a listener (<http://7cups.com/BrowseListeners>).

Everyone is welcome to share and participate as they would like, but we kindly ask you to limit your conversations in this room for the time being so the discussion can take place. Thank you!

Icebreaker: What is one goal you'd like to accomplish during your lifetime?

1. On a scale from 1 to 10 with 1 being the worst and 10 being the best, how would you rate the way you're feeling right now? Can you explain why you feel this way right now?
2. Anxiety can make you want to isolate yourself and stay in bed, so what ways can you think of that you could use to motivate yourself to care?
3. Many find that it's useful to have some sort of motivation backing them up, what sort of things motivate you?
4. Self Care is virtually mandatory for our health and is of huge importance to our bodies and brains. If you neglect your emotions, you're going to feel it. What's one small thing you could do for yourself to relieve stress and anxiety?
5. When you're in the mindset of somebody that's angsty, perhaps depressed - it's going to be really hard to find a reason to care but once you're feeling better you'll be glad you took some time to yourself. Has anybody ever here has a perfect Self Care break? If so, how did it go and how did you feel? If not, are you considering taking one?
6. Hobbies often tie in to self care as it's scientifically proven that partaking in a creative activity you're interested in raises dopamine levels. That's why when you're hard at work, doing your favourite thing - you feel like you can accomplish anything. What's one hobby you can do more?
7. Dopamine is the key to productivity and motivation. Perhaps if you find something that works for you, you'll find that motivation to lead yourself through some self care. Does anybody know of any other healthy ways you can raise your dopamine levels?
8. Thanks for sharing everybody. Why do you think we need to do certain things to keep our happiness up?
9. We're coming towards the end of the discussion now so i'd like to ask if anybody has learned anything worthwhile, if so - what is it?
10. At the beginning of this discussion, I asked you to rate how you were feeling. On a scale from 1 to 10, 1 being the worst and 10 being the best, how are you feeling now?

Conclusion

Thank you to everyone who participated in this discussion on Anxiety and Self Care. It was a pleasure having you all here! You all did a great job with offering thoughtful comments to the discussion questions. I think it was a really positive experience!

If anybody has any feedback for this discussion, please fill out this form :)

Feedback form:

https://docs.google.com/forms/d/e/1FAIpQLSfSTznB6PKrcmD7AznL4HqVI8Z_f7IsAeDHi6JnScMBoSJ7g/viewform