



Anxiety Support Session

Coping Strategies

Hello and welcome to our Anxiety Support Session. Today we will be talking about [Coping Strategies](#). 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:** *If you could instantly become an expert in something, what would it be?*

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 affect us in many different ways. How does your anxiety affect you?
3. Are there any particular situations that you notice seem to trigger your anxiety? How do you usually react when your anxiety has been triggered?
4. What is a coping strategy? How are coping strategies useful when dealing with anxiety?
5. What kind of coping strategies do you use to deal with your anxiety? Have any worked well for you? Have there been any you've tried and they haven't worked so well?
 - a. *Leader notes: If participants are having trouble coming up with an answer, make sure to reassure them and let them know that it's okay.*
6. Grounding techniques, such as diaphragmatic breathing and mindfulness, can be helpful coping mechanisms for anxiety. What are some of the different grounding techniques we can use?
7. Partaking in hobbies that we find relaxing such as art projects, journaling, listening to music, playing video games, etc can also help us cope with our anxiety. What are some of your hobbies? Do you find that they help you relax when you're feeling anxious? Do you think you could use them to help you cope with your anxiety?
8. The mind and the body are connected to each other and taking care of your physical health can also help with your mental health. What do you think could be a good way to take care of yourself physically in order to help with your anxiety?
9. Some coping strategies are better for use in the current moment, others are more suited to prevent anxiety in the future. a) What are some coping strategies that are useful in the moment? b) What are some coping strategies that are helpful in preventing future anxiety?
10. Sometimes many of us on a daily basis face negative thoughts that can spiral into irrational fears. How can we recognize when our thoughts have become irrational and what can we do to challenge and break free from the hold these thoughts may have over us?
11. Has anyone in the group shared any coping strategy that you hadn't considered before and might like to try out yourself? If so, which one?
12. In the beginning, we asked you to rate how you are feeling on a scale from 1 to 10, with 1 being the worst and 10 being the best. How would you rate how you are feeling now?

Conclusion

Thank you to everyone who participated in this discussion on [Coping Strategies](#). 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_f7lsAeDHi6JnS_cMBoSJ7g/viewform