



Anxiety Support Session

Anxiety in Everyday Life

Hello and welcome to our Anxiety Support Session. Today we will be talking about [Anxiety in Everyday Life](#). 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: As a child, what did you want to be when you grew up?**

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. Let's start off today by establishing an understanding of our topic. In your own words, what does anxiety mean to you?
3. What does your anxiety feel like? What sorts of thoughts, feelings, and emotional struggles do you experience on a day to day basis?
4. What are some of the physical symptoms and sensations you experience? Does it affect your energy levels?
5. Most people worry about something in their lives, as no one is without struggles or problems. How would you say that "worrying" differs from full-blown anxiety?
6. Anxiety can affect many of us in our daily lives. Does anyone here have difficulties in their day to day lives due to your anxiety? How so?
7. What are some things we can do to help ourselves cope when we are having difficulties with our daily functioning due to our anxiety?
8. Anxiety can often lead to health and lifestyle challenges such as difficulties with sleep, getting sick on a frequent basis, missing out on work and school, isolating from family and friends, etc. On the other hand, these challenges can also worsen anxiety. So it often creates a vicious cycle. Have you ever found yourself caught in one of these vicious cycles? What are some ways we can help ourselves break free or even avoid getting caught up in a cycle in the first place?
9. Let's take a look now at the people in our lives. Do you find that the people you are around on a day to day basis are supportive of you and your struggles with anxiety? Why or why not?
10. What are some of the most supportive things people have done for you? For those who have had unsupportive experiences, what could the person/people have done differently in order to make you feel better and make the situation go more smoothly?
11. Let's end today off on a positive note with some uplifting affirmations. What is a positive quality about yourself that you are proud of?
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 [Anxiety in Everyday Life](#). 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