**Anxiety Group for College Students**

*Session 1:*

10:00-10:05- Introductions of facilitators and group members
10:05-10:10- Informed Consent/Importance of Attendance
10:10-10:20- Icebreaker with M&M’s
10:20-10:30- Go over our goals as facilitators: Our goal is to present information for them to manage and deal with their anxiety as well as provide them with a group of others with similar issues to provide a sense of comradery.

10:30-10:40- Information about physical symptoms
10:40-10:50- Mindfulness Activity (Show video)
10:50-10:55- Wrap-up and discussion for next week

*Session 2:*

10:00-10:05- Welcome and scaling of their current anxiety
10:05-10:10- Free write activity where they’re welcome to write anything they like
10:10-10:25- Share and discuss writings
10:25-10:35- Discussion of goal orientation
10:35-10:45- Introduction of thought journals
10:45-10:55- Mindfulness video

*Session 3:*

10:00-10:05- Welcome and scaling of their current anxiety
10:05-10:15- Discussion of thought journals
10:15-10:25- Share information about problematic thinking
10:25-10:35- Discussion of their own problematic thinking
10:35-10:45- Worksheet on problematic thinking
10:45-10:55- Mindfulness video

*Session 4:*

10:00-10:05- Welcome and scaling of their current anxiety
10:05-10:15- Discussion of problematic thinking journals
10:15-10:25- Share information about self affirmation
10:25-10:35- Discussion of their own negative self talk and self affirmation
10:35-10:45- Work on creating mantra cards
10:45-10:55- Mindfulness video