**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