



The goal of this group is to help adolescents increase awareness of their personal reactions to stressors, learn anxiety management techniques, practice relaxation exercises, challenge their fears, and gain support from others.

"I was always running from my fears. It was only when I stopped to look at things did I discover that things weren't so scary."

BRIDGES Client.

This group might be for you if.....

You feel anxious, worried, or afraid for no reason at all. **Normally, teens feel anxiety because of something specific** -- like a test or going out on a date. But if there's no obvious reason for your feelings, your anxiety level may be too high.

You worry too much about everyday events or activities. **Some worry is normal**, but if you're constantly worrying about everyday things, your anxiety level might be too high.

You continually check whether you did something right. While it's normal to check something you did to make sure it's right, continuing to check it again and again is a sign that you have way too much anxiety.

You're so panicky you're unable to function in certain specific situations like taking tests or going out with friends.

Your daily activities are regularly impacted by your anxiety.



Adolescent Anxiety Group

BRIDGES Program

What is anxiety?

Anxiety is normal and needed. It is a normal reaction to stress. It can help us deal with tense situations, prepare for exams, and keep focused on important things in our lives. But when anxiety becomes extreme, when you have fears about everyday situations, or when it stops you from doing things you want to do, it has become a problem.

Group Details

- 8 weeks (1.5 hours/1 day per week)
- 6-8 members
- Parent information session(s)
- Leaders will share information through videos, activities, and handouts
- Commitment to attendance is important, as each week builds on the next



How will group help?

- Help you understand anxiety
- Learn about the effects of anxiety on your brain, body, and behaviour
- Learn about factors that impact anxiety
- Give you skills to better manage anxiety
- Let you meet other people who also struggle with anxiety

“Anxiety isn’t all bad. I just needed to learn how to make it work for me.”

BRIDGES Client,

Group Outline

Week 1: What is Anxiety?

- Getting to know your anxiety

Week 2: Anxiety & Your Powerful Brain

- Highlight the thought- feeling connection

Week 3: Strategies for Worry Thoughts

- Skills to deal with worry thoughts

Week 4: Anxiety & Body Symptoms

- Awareness of the impact of anxiety on the body

Week 5: Caring for Your Body

- Basic self-care & relaxation strategies

Week 6: How We React to Anxiety

- Understanding how we respond to anxiety

Week 7: Challenging Fears

- Building plans to help you face your fears

Week 8: Pulling it All together

- Review of skills and planning for the future