



Youth Anxiety Management Programme




ATAREIRA
Mental Health & Addiction Support for
Family Whānau,
Transitional Housing



How it runs

- Youth Anxiety Programme is an eight-week course that is tailored for Youth.
- The programme is facilitated in Secondary Schools and runs over a school term. The facilitators work in collaboration the schools counsellors, who will support students attending the group.
- Each session covers a topic about anxiety management with tools and resources to help support the students manage their own anxiety.

Week One – What is Anxiety?

This week is an introduction to anxiety, what it is and how we might experience it.

The objectives for the session:

- Familiarize the group with the different experiences of anxiety.
- Provide an understanding of how anxiety develops.
- Explore internal and external triggers and how they might impact our anxiety.
- Provide an overview of the strategies in dealing with anxiety.
- Introduce breathing as an anxiety reducing technique.





Week two – Self care

Week two is looking at Self-care and exploring that it something that we do deliberately to look after our mental, emotional and physical health. It is something that refuels us, rather than takes from us. Self-care isn't selfish. It is only about considering our needs

The objectives for the session:

- Introduce what self-care is and the types of self-care
- Introduce the Te Whare Tapa Whā model and the concept of holistic health.
- Exercises: Self Care Map, Joy Jar, Happiness plan.
- Reminder of breathing technique.

Week three – Mindfulness

This week the programme looks at Mindfulness as is a simple and practical way to learn to observe thoughts, feelings, physical sensations and the surrounding environment, without judgement. Exploring how this can help manage experiences of anxiety.

The objectives for the session:

- To introduce the concept of grounding and mindfulness.
- Explore how mindfulness techniques can address anxiety.
- To deepen the practice of breathing, try guided mediation exploring the 5 senses.
- Explore how mindfulness might work for them as individuals.





Week four – Avoidance



In week four we explore avoidance and how it can take place as a way to cope with what is making us feel anxious. Although when we first avoid we might feel less anxious, after a while the thing that we are avoiding can seem harder to approach.

The objectives for the session:

- To introduce the concept of avoidance.
- To identify the things that we avoid.
- Exercise: Avoidance Hierarchy, which explores how to approach situations that is being avoided

Week five – Emotions

In week five we identify that when we have a process to recognise and accept our emotions and feelings we can choose how we want to respond. Just because an emotion is uncomfortable does not mean that it is in-appropriate or that it must be eliminated.

The objectives for the session:

- Introduce the concept of emotions and feelings.
- To explore how to understand emotions, how they form and learning to define them.
- Exercise: Journaling with prompts to help manage emotions.
- Distress Tolerance tools.





Week six –

Communication

In this week we explore communication and how it is the way we interact with others. How we communicate determines how we speak, act and react in various situations. It has the power to build meaningful connections with others.

The objectives for the session:

- To introduce the concept of communication and the ways we communicate.
- To look at communication skills and why they are important.
- Explore the concept of “Filters” how they impact how we receive information and communicate.

Week seven – Thinking Errors

In week seven we look at ‘Thinking Errors’ and how they can occur when we are focused on the negative aspects of a situation and disregard the positive. Often thinking in extreme terms, such as “always” and “never”. Thinking Errors can be connected to irrational beliefs that we have formed about ourselves and can contribute to uncomfortable emotions.



Week seven – Thinking Errors

The objectives for the session:

- To introduce the concept negative thinking and different types.
- Look at statements that help challenge negative thinking.
- Explore the concept of “Core Beliefs” and how this can shape the way situations are perceived.
- Exercise: My Positive Affirmations – What I would like to believe.





Week eight – CBT and Summary

In the last week we look at Cognitive Behavioural Therapy (often referred to as CBT) as a type of treatment that focuses on making connection between thoughts, behaviours and feelings. It has at its basis in the idea that our automatic thoughts affect our behaviour and feelings.

CBT is a structured way of becoming aware of our thinking so you can view a challenging situation more clearly. CBT uses practical self-help strategies to help change ways of thinking, feeling, and behaving.



Week eight – CBT and Summary

The objectives for the session:

- Introduce concept of CBT and the cycle of anxiety
- Look at how the situation, automatic thoughts, behaviour, physical reactions and feelings all work together to and can maintain feelings of anxiety.
- Exercises: Thought Record, Putting Thought on Trial
- Summarise what we learnt over the past sessions

