



Thought Awareness,
Resilience, Action



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Adolescence and young adulthood are filled with challenges, excitement, and uncertainty.

Anxiety is a natural response, but when it takes over, it can limit growth and confidence.

This workshop helps students understand their emotions, break the anxiety cycle, and develop skills to navigate life with resilience.



Workshop Objectives

- Understand how anxiety affects thoughts, body, and actions.
- Learn to break the anxiety cycle and take back control.
- Develop a stronger self-identity beyond worries and fears.
- Practice relaxation and coping strategies for emotional resilience.
- Develop an emergency plan to guide actions during crisis situations.



Why This Workshop?

- Helps students understand and manage anxiety effectively.
- Builds self-awareness and resilience.
- Encourages healthy emotional coping strategies.
- Supports mental well-being within the educational setting.





Workshop Structure

(3 Hours)

Part 1: Understanding Anxiety (45 minutes)

- Identifying personal fears, worries, and physical symptoms.
- Understanding the Anxiety Model: Overcrowding of thoughts.


Part 2: Identity Beyond Anxiety (45 minutes)

- Exploring identity: Roles, qualities, and worries.
- Recognizing that identity is more than just fears and worries.

Part 3: Regaining Control (45 minutes)

- Circle of Control: Understanding what we can and cannot change.
- Relaxation Techniques

Part 4: Creating a Safety Plan (30 minutes)

- Identifying behaviors, sensations, and situations that indicate distress.
 - Developing coping strategies
 - Building a support network
 - Listing reasons to live and removing harmful means.
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Facilitator Details

Dr. Pavitra Shankar,
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with 9 years of experience



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