

**Week 10 – The Week of September 27 to October 3, 2021**

**Current Events Week:**

## **Anxiety, Stress & Panic Attacks**



### **Lesson 1:**

**I will go over the homework in our Red Books that we did during Term 3 and address any questions that students may have on any given lesson. I am also happy to meet with students either individually or in small groups online using Google-Meet after class this week.**

### **Lessons 2 & 3:**

**After a long year that has included a lot of stress and disruption to our normal routines, this week we are going to focus on dealing with stress, anxiety and panic attacks. This is a VERY common problem in students – and adults.**

1. Watch the 2 video clips from Mr Bartholomew and Tommie on anxiety and panic attacks in students. They can be found on Google Classroom.

2. Please watch the video clip from the Dr. Phil Show on panic attacks.

[https://www.youtube.com/watch?v=ri\\_xk2Mw91U](https://www.youtube.com/watch?v=ri_xk2Mw91U)

3. Access the webpage on anxiety and panic disorder and read the story of Hannah and Abby and how they have dealt with anxiety and stress.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/#.XhVD8xczZUf>

**4. Create a Poster or 3-minute video (a public service announcement):**

**You have the option of creating a poster or a 3-minute video in which your goal is to help middle school students who may be suffering from anxiety. It will consist of:**

**1. A relevant title**

**2. An image that is related to the topic and catches the attention of students**

**3. Outline the key symptoms of anxiety and panic attacks?**

**4. 2 or 3 key facts about them – how common are they? How long do they usually last for?**

**5. Describe different treatments that are available to for anxiety.**

**\*It may be helpful to summarise your information in the form of key dot-points**

This assignment is part of your homework for the term and is due at the end of the week – Friday at 3:00 pm. If you are doing the poster, do it in your Red Book or digitally, then print out and place in your Red Books. ALL OF THE INFORMATION YOU NEED to complete this task can be found in the links I have given you.