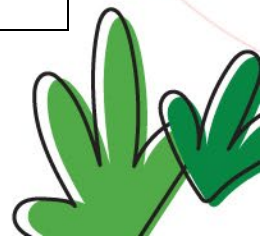




MASTER FEAR

<p>Introduction</p>	<p>Everyone finds themselves feeling anxious every once in a while and that is only healthy and normal. It is a warning for approaching danger and helps to protect yourself. But what if you feel anxious very frequently and in moments when there is no specific reason for it? And what happens when anxiety starts controlling your life?</p> <p>Currently, we are seeing that life is becoming more complicated, fast-paced, harder, and unsafe through which we develop chronic anxiety.</p>
<p>Objective / teachers' goal</p>	<p>During the workshop we work through all fears by a 7-step method. We will show you how to gain confidence, feel free and relieved, be yourself, avoid loneliness, and feel happy again.</p>
<p>Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</p>	
<p>Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input checked="" type="checkbox"/> Daily functioning</p>	
<p>Materials</p>	<p>Power point "master fear"</p>
<p>Approach</p>	<p>Content Introduction: theory</p> <ul style="list-style-type: none"> • What is anxiety? • Recognising anxiety within yourself and in others • Types of anxiety / panic attacks / phobias • The brain • Break through the barrier <p>Practical part: assignments/questionnaires</p> <p>7 steps taken from the "Griep van de Angst" which roughly translates to "have a grip on anxiety"</p>





	Taras Shevchenko National University: part of Master of Science Social and behavioural sciences. <ol style="list-style-type: none">1. Be your own coach: take the lead2. Mentally exercise3. Reload your battery / recovery moments4. Celebrate successes (drive away tiredness)5. (working) Together6. Build your self-confidence7. Master your feelings and anxiety
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	workshop
Duration	2 hours
Final goal (learning outcome)	Learning master fear





Spiderweb Positive health

Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaning	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning





Step 1: Be your own coach, take the lead





Questions

- When is the anxiety positive and when negative?
- Describe your anxiety and insecurities
- For how long have you been experiencing too much anxiety?
- What increases / decreases your anxiety?
- Does it help to fight it?
- How do you fight your anxiety?





Homework exercises

- Ask someone else to make a character description of you
- List your fears from worst to least
- What fears/anxiety hinders your in daily life?
- Are you part of the risk groups? (Introverts, perfectionism, sensitive)





Step 2: Mentally exercise





Questions

- What is the relationship between your anxiety and your overall fitness?
- What are the consequences of your posture and movements?
- Is a lot a must?
- Is there a difference between listening to your gut and trust your gut?
- How do you establish your current stamina?
- What do you do with a relapse?





Homework

- What is the division between relaxation and working?
- Create 1 or more goals when it comes to exercising more.
- Document what you are aiming for: time / exercises

- Make a plan: how can I avoid over-working?





Step 3: Recharge (recovery moments)





Questions

- What is the difference between distraction and relaxation?
- In what ways does muscle tension get activated?
- What are the consequences of too much tension?
(overload)
- Name daily activities that are tiring for you.
- What is the relationship between tension and breathing?
- What is the relationship between trust and relaxation?
- How can you improve your attention span?





Homework

- Set times for you exercises
- Spend time on relaxation activities
- Choose a meal that you want to spend extra time and attention on
- Do something different for one night a week





Step 4: Succes (avoid feeling exhausted)





Questions

- What makes you tired? And who?
- When do you feel the starting of tiredness?
- How well do you sleep at night?
- What is your view on your own fears?
- In what moments can you accept your anxiety?
- Is there a difference between accepting and finding it okay?
- Are there situations where you say yes but mean no?





Homework

- Describe a dissapointing situation you have been in and what it did to you?
- Describe a success story and what it did to you?
- Plan you day and specifically include breaks
- Create a list of musts; 1. necessary 2. useful 3. can wait





Step 5: together





Questions

- Do you sometimes have the feeling your are isolated?
- What do you feel like when other try to cheer you up?
- Is feedback from others helpful?
- Is self-criticism useful?
- Can it help to talk about your anxiety to others?
- Is it acceptable to others if you have anxiety?





Homework

- Create a list of family members, friends and acquaintance and add whether you have contact with them or not and how often.
- With whom can you relax and with who do you do fun things?
- Note down what you expect from the people around you





Step 6: Work on your self-confidence





Questions

- What do you expect from yourself?
- Do you allow yourself to have time for recovery?
- Do you ask for support and confirmation?
- Do you take the advice from others serious
- What role do you play best?
- Do you struggle standing up for yourself?
- Do you fight your sadness?
- Can you love yourself?





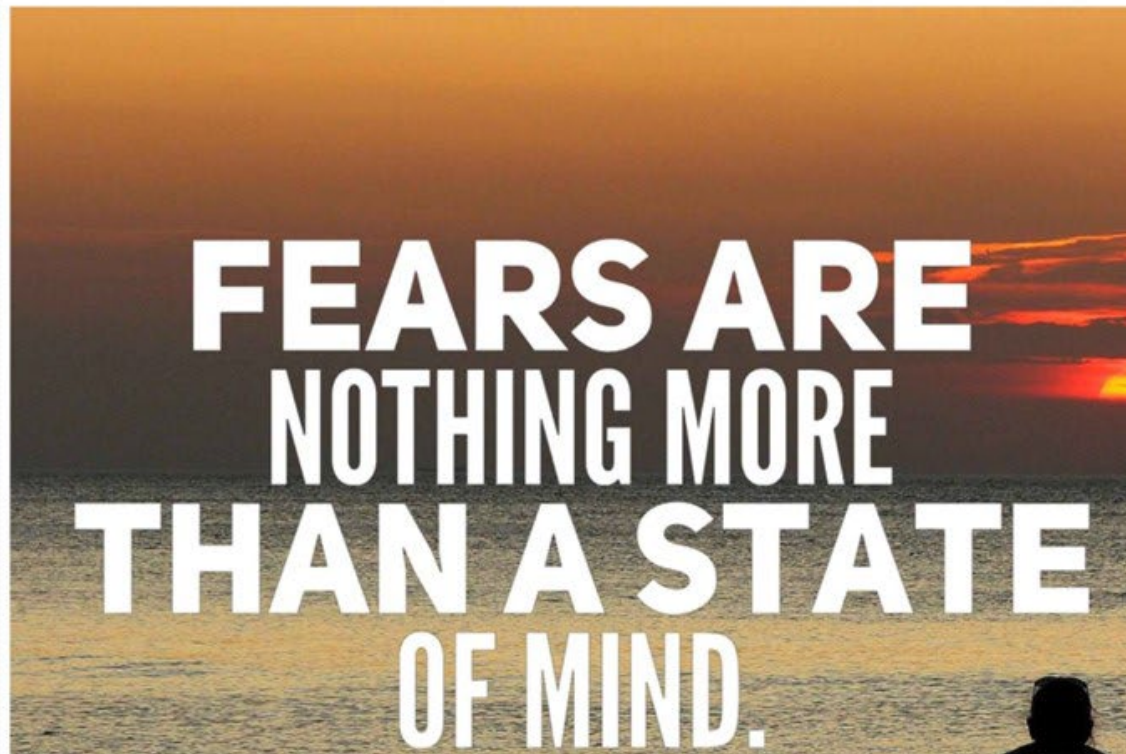
Homework

- Give yourself a compliment when being surrounded by others
- Ask a favour from someone and do not give anything back, just gratitude
- Clarify to someone that is close to you what you expect from them and what they can expect from you





Step 7: Own you feelings





Question

- Do you struggle showing your emotions?
- Do others have an effect on your feelings?
- Do you or others ask a lot from you?
- Are you allowed to be anxious from yourself?
- Are you allowed to make this known to others?
- Can you take your anxiety into consideration?





Homework

- Note down how you currently feel about anxiety and how you would like to feel about it
- What activities (when it comes to anxiety) have you been doing for too long or too often?
- How can you regain your confidence?
- Experiment with role-playing (angry or full of confidence)





VITALity
for the future



Co-funded by the
Erasmus+ Programme
of the European Union

Disclaimer: The Publication has been produced with the support of the Erasmus + Programme of the European Union. The contents of this page are the sole responsibility of partners and can in no way be taken to reflect the views of the NA and the Commission.





Questions

- What fears bother you the most?
- When do you get bothered by anxiety?
- In what ways do you run from your anxiety?
- How can you face your anxiety in a responsible way?





Homework

- Create a plan that shows how you will deal with your anxiety
- Talk about this with others
- Report your experience

