NAME:

How to cope with anxiety?



Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. After watching the video, answer the questions according to your own experience.

What has been the moment of your life in which you have felt the most anxiety?

What strategies do you use to cope with anxiety?

Do you think exams cause high levels of anxiety? Why?

Do you remember the first time you feel anxiety at school? How was it?

Imagine that you have a student who suffers from anxiety attacks before taking an exam. How would you help him cope?

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