



## ANXIETY REDUCTION AND SELF-ESTEEM BUILDING FOR MIDDLE SCHOOL STUDENTS

5 Week Group Presented By Andover Wellness and Counseling

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**TUESDAYS | 6-7PM FROM MARCH 1ST – MARCH 29TH**

853 TURNPIKE STREET 2<sup>ND</sup> FLOOR NORTH ANDOVER, MA 01845

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Overview: Participants will explore and learn about anxiety and self-esteem, they will learn skills to reduce symptoms of anxiety and promote positive self-esteem, gain an understanding of their development, learn effective communication skills for parents, peers and teachers, learn creative and fun ways to incorporate gratitude and mindfulness into their daily lives, meet other middle school children and work on building new relationships, and building social skills.

Cost: \$250.00 \*includes all materials, snacks, water

\*this is not a therapy based group so insurance will not be billed

\*Group must have at least 4 participants with a maximum of 12 participants

\*Questionnaire must be filled out before group begins to ensure a good fit

# CURRICULUM

## Week 1

Introductions and Ice Breakers

Defining anxiety, panic and self-esteem

Defining mindfulness

Calming skills (EFT Tapping, how to breathe, quick body scans)

Mindful Check-in and closing reading

## Week 2

Mindful Check-in

Exploring the self-concept (who am I? who do I want to be? Who do others think I am?)

Social Media: the good, the bad and the ugly

How the brain works and develops in preteens/teens

Practicing calming skills

Mindful Check-in and closing reading

## Week 3

Mindful Check-in

Redefining the self-concept

Changing negative self-talk

Positive Affirmations

Practicing calming skills

Mindful Check-in and closing reading

## Week 4

Mindful Check-in

Exploring healthy relationships

How to end toxic relationships

Understanding attachment in relationships

Practicing calming skills and positive affirmations

Mindful Check-in and closing reading

## Week 5

Mindful Check-in

How to use skills in the real world

How to communicate with others

Closing activities

Mindful Check-in and closing reading

\*some activities may be subject to change based on the needs of the group

\*take home journaling is recommended in between groups, journals will be provided

\*each participant will receive a workbook to use during group and take home

\*some expressive arts activities will be done and all supplies will be provided

\*this is not a therapeutic group, if your child is working with a therapist currently they will need to continue their treatment plan with their therapist in addition to building on the skills they learn in group

\*If your child has experience trauma that they have not had treatment or is currently causing distress this group will likely not be a good fit at this time

