

## **Managing Stress and Anxiety Support Group**

Times may feel a bit overwhelming, confusing, and stressful these days. However, you are not alone! Counseling Services has designed this online Support Group for current Parkland students so we can come together to manage stress and anxiety in healthy ways!

Whether you are feeling anxious or stressed, or are trying to help others with those feelings, this support group will be an informal, peer-directed place to share, listen, and learn from each other.

Parkland Counselors will serve as moderators and guides, making sure the space is open and safe and that each person has an opportunity to talk, if they want to talk. This is intended to be an informal gathering where each person can help each other rather than being a time for professional counseling/treatment.

Each meeting will begin with an invitation for anyone who wants to share to have 3-5 minutes to check-in about how they are doing. There is an opportunity during these check-ins for peers to offer words of support. After all who wish to have shared, we will try out different activities drawn from research and practice in mental health designed to build skills at managing stress and anxiety. Participants are also encouraged to offer their own meaningful activities which have helped them manage their stress and anxiety.

### **Group Guidelines**

#### **Confidentiality and Its Limitations:**

- What is said here stays here
- Group members agree not to share the personal information of other members (names, addresses, phone numbers and emails, etc.)
  - Any member who breaks confidentiality will be asked to leave the group

The Group facilitator will breach member confidentiality only under the following circumstances:

- A member expressing intent to harm themselves or others
- Suspected abuse or neglect of a minor, elder or a disabled individual

### Safety Requirements:

- Group members agree not to take outside calls or have side conversations during the meeting
- Group members agree to respect each other's time, opinions/feelings, and privacy
- Group members agree to listen without interrupting
- Group members agree to be accepting of each other's differences and avoid making judgmental statements

For example: It can be very helpful to use first-person language ("I" statements) rather than making statements like "you should..."

### Keep in Mind:

- This is not a counseling group
- You do not have to talk during the meeting. You can come just to listen.
- Meetings will NOT be recorded and the group rules specify that each participant respect each other's rights to confidentiality. However, please be aware we cannot 100% guarantee confidentiality due to the group format and that is why it is so important for all group members to respect the privacy of the other members.
- We ask that the group start on time
- You can leave at any point