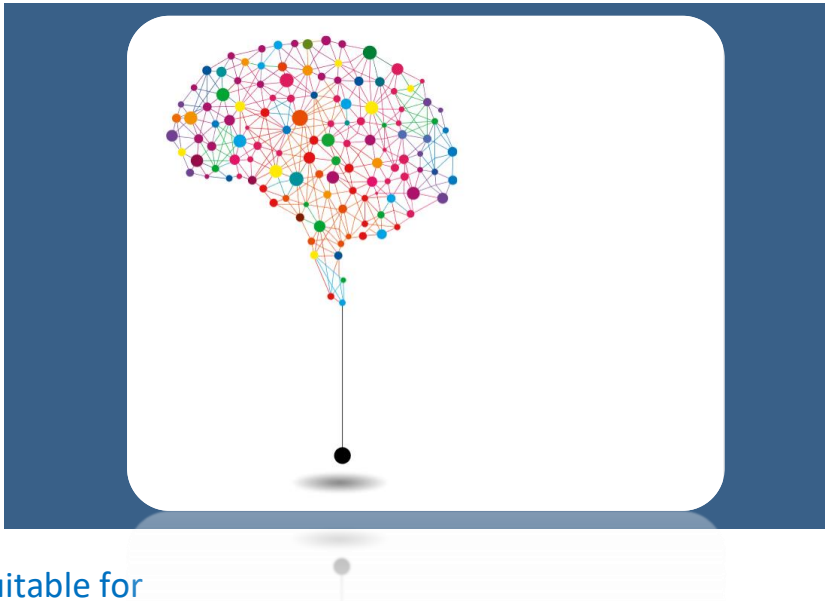


# Meet your Amygdala

A program to help students manage worry and anxiety



## Suitable for

Students in Years 7 – 11 who would like to learn new ways to cope with stressful situations.

## Format

- 4-10 students per group.
- Weekly 1-1.5 hour workshops for 8 weeks.
- Led by Brighton Secondary School's psychologist and youth worker who can continue to support students to practice the strategies after the program is completed.

## Session Outline

**Sessions 1&2: Meet your Amygdala** (understanding normal responses to 'dangerous' situations)

**Session 3: Social Danger** (how our brains respond in social situations)

**Session 4: The role of avoidance**

**Session 5: The small-steps ladder** (using gradual exposure to tackle fears)

**Session 6: Noticing thoughts** (introduction to mindfulness)

**Session 7: Catch your thoughts – Check your thoughts** (training in thought challenging)

**Session 8: Recap and planning**

*The program uses an evidence-based  
Cognitive Behavioural Therapy (CBT) approach*

## Students will learn:

**Information** about anxiety delivered in a straightforward, non-stigmatising way.

**A shared language** that students and staff can use to talk about anxiety when it impacts on classroom engagement and wellbeing.

## A set of tools and strategies:

**Quick Reset Strategies** (3-minute strategies) that can be used to get through difficult moments (e.g. paced breathing, mindfulness and distraction).

**Longer Term Training** to change unhelpful thinking patterns (using thought challenging) and avoidant behaviour patterns (using graded exposure).

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