

# Angst Documentary: Homegroup Discussion Questions

February 6, 2019

The following are some suggested questions that you can talk through with your homegroup. Feel free to use questions from any section depending on the needs of your group.

## Junior High Questions:

1. Raise your hand if you or someone close to you (friend or family) has experienced anxiety. (Note how many people anxiety affects)
2. What was something you took away or learned from the movie?
3. What was your favorite part of the movie and why?
4. What are some examples of anxiety that you experience or have seen others experience?
5. Do you feel like you can talk to your parents when you feel anxious? Why or why not?
6. Who else can you talk with about anxiety?
7. What are specific ways you can help reduce anxiety for yourself and/or your friends? (Don't say prayer unless you really mean it)

## High School Questions:

1. Raise your hand if you or someone close to you (friend or family) has experienced anxiety. (Note how many people anxiety affects)
2. What did you take away from the movie? A favorite part or something you learned?
3. What are some effects you have seen anxiety produce in your life or in the life of others? (physical and/or emotional responses to feeling anxious)
4. Is there such a thing as "healthy" anxiety?
5. How do you know when anxiety becomes unhealthy?
6. What situations cause you the most anxiety?
7. Do you feel like you can talk to your parents about anxiety? Why or why not?
8. Who do you talk to when you are feeling anxious?

## Additional Questions for Everyone:

1. How do you know when you need to talk to someone about anxiety?
2. How do you know when you need to enlist help (from an adult) for a friend who is struggling?
3. Where in your schedule/life do you set aside time to relax and have "breathing room"?
4. What activities bring you joy and not anxiety?
5. Why is it important to do things throughout the day that you enjoy?
6. What is the difference between anxiety and feeling "stressed"?
7. Do you know about the steps for "Grounding"?
  - a. What are you touching? Take a breath
  - b. What are you seeing? Take a breath
  - c. What are you hearing? Take a breath
  - d. What are you feeling...(if you or a friend cannot complete a step, go back to #1 and start again)