

The Mind, Explained

Video Lesson (Anxiety) Students' Worksheet

Warm-up Questions

1. What are you afraid of?
2. How do you relax when you feel stressed?
3. What was the biggest challenge you overcame?

Discussion

1. What are the symptoms of a panic attack?
2. When in danger _____ **fight or flight/flee** _____ instinct kicks in. What does it mean and how does the body react? **heart racing, breath speeds up, lungs expand, blood vessels dilate, muscles tense, salivation and digestion stops, blood flow is diverted away from the stomach, away from the skin, and nerves involved in arousal, get turned off**
3. What fears and phobias are mentioned in the video? **separation anxiety, arachnophobia, glossophobia, ophidiophobia, fear of evaluation, selective mutism, fear of losing control, agoraphobia**
4. According to the video, what did people in the past do to relax? **laudanum, a mixture of alcohol and opium, rest-cure, West cure (they were sent to the western territories, to live in cabins, ranch, and hunt in rugged outfits), tranquilizer known as "Miltown"**
5. How do modern people relax? **alcohol, weed, exercise, anti-anxiety drugs**

Matching

Match the words **1-10** to their definitions **a-j**

- 1) tingling **e**
- 2) blurry **h**
- 3) warthog **a**
- 4) wallowing **i**
- 5) vigilant **j**
- 6) dilate **g**
- 7) hallmark **c**
- 8) squinch **d**
- 9) culprit **b**
- 10) rigorous **f**

- a) an African wild pig
- b) someone who has done something wrong
- c) a typical characteristic or feature of a person or thing
- d) to press together the features of the face or the muscles of the body
- e) to have a feeling as if a lot of sharp points are being put quickly and lightly into your body
- f) extremely thorough and careful
- g) to become wider or further open
- h) difficult to see
- i) to lie or roll around slowly in deep, wet earth, sand, or water
- j) always being careful to notice things, especially possible danger