

IndieFlix presents

Angst

At Home Screening and Discussion Guide

Welcome

Angst is an IndieFlix Original designed to raise awareness about anxiety. The film includes interviews with children, teens, educators, experts, parents and a very special appearance by Olympic champion swimmer, Michael Phelps. Okay to Say™ has partnered with IndieFlix to make the documentary film “Angst” available for home streaming during May, Mental Health Awareness Month.

The goal of the film is to help people identify and understand the origins and symptoms of anxiety, and to encourage those struggling with anxiety to reach out for help. This discussion guide is designed to start a conversation about anxiety and mental health, and to help identify strategies to improve emotional wellness.

Angst has been screened in schools, communities and theaters around the world as a way to help foster conversations about anxiety and connect people to resources. Now, through this collaboration between IndieFlix and Okay to Say the film can be viewed in the comfort of your home. To help you have productive conversations about the film and the topic, we have provided additional tools and resources that can be found on the Angst dashboard.

Angst at Home Discussion Guide

Viewing Angst as a family offers an opportunity to talk opening about anxiety and mental health. After viewing the film, start the conversation by asking if your family members have ever felt negative effects from anxiety. It is a great way to kick off the conversation.

Topics to discuss:

Feel free to use questions from this list or come up with your own.

Questions about the film

- Did you identify with anyone in the film? Who and why?
- What surprised you about anxiety in the film?
- What was your biggest takeaway from the film?
- Who would you contact if you or someone you know needed help? Anyone at school or work?

Questions to start a conversation with your family

- For parents, have you experience negative effects from anxiety? If yes, what was that like and how did you work through it? If no, do you know anyone who dealt with extreme anxiety? (It's great for kids to know they're not alone and they can feel better.)
- Do you think anxiety is on the rise or are we just more aware if it? Why?
- Why do you think it's so hard to talk about anxiety and our mental health when everyone has some level of experience with anxiety?
- What are some ways we can support someone who experiences severe anxiety?
- What are some of the signs our bodies can give us when we are experiencing extreme anxiety? (i.e.: heart starts to race, sweating, want to avoid/escape, etc.) What are some tools we can use when we are experiencing those signs? (grabbing ice cubes, using the stress-breath, snapping) Talk about a family plan of action for dealing with anxiety when it arises and write it down. Discuss ways to take a break, reboot and jump back in.

Questions regarding maintaining wellness

- In the days of early humans, anxiety played a positive role, it kept us alive when there was a threat (i.e.: a caveman being aware of a lion nearby). What sorts of things could trigger anxiety for us today? (i.e.: social media, breaking news, negative self-talk, etc.) How can we handle these triggers when they occur? Come up with a plan of action to recognize triggers and create coping strategies (e.g.: take a break, use a wellness app, say a positive affirmation, write three things you are grateful for before going to bed, etc.)
- What are some situations at school that may create anxious feelings? (i.e.: classroom presentations, tests, applying for college, grades). Talk about how you can address these situations to make it easier to push through in the moment to reach your goals.

Answers to Commonly Asked Questions at previous Angst screenings can be found at angstmovie.com/resources

A Few Facts from Angst

Often those who experience extreme anxiety feel ashamed and suffer in silence. However, it doesn't have to be this way: anxiety disorders are treatable. Below are some common facts and signs from experts associated with Angst that kids struggling with anxiety may exhibit, as well as tips on how to respond.

- **FACT:** Anxiety disorders are treatable.
- **FACT:** Neuroplasticity of the brain is real. You can change the way you think about something. You can rewire your brain to focus more on positivity.
- **FACT:** Distraction allows your amygdala (fight-or-flight part of the brain) a break. It can be helpful to distract your mind and give yourself some space for a short period, but prolonged isolation can lead to avoidance of anxiety producing situations which reinforces the negative thought process. Take a short break, reboot, and jump back in. Don't avoid.

Please visit the Angst Dashboard for more resources and tools