

IndieFlix presents

# Angst

RAISING  
Awareness  
AROUND  
Anxiety



Screening & Discussion Guide

[www.AngstMovie.com](http://www.AngstMovie.com)

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To help identify silent sufferers and make it easier for a young person to reach out for help. Survey to be completed after film screening.	

# Welcome

Angst is an IndieFlix Original, documentary designed to raise awareness around anxiety. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps.

The goal is to start a global conversation about anxiety and mental health.

Most importantly we hope the film will help people identify and understand the symptoms of anxiety disorders and encourage them to reach out for help. Angst screens in schools, communities and theaters around the world. The film and corresponding materials provide tools, resources and above all, hope.

*[AngstMovie.com](http://AngstMovie.com) & [IndieFlix.com](http://IndieFlix.com)*

## Preparing for your Screening:

- In preparation for your screening we have weekly conference calls where you can dial in and hear from the Angst filmmakers Scilla Andreen and Karin Gornick to glean info and insight about the film and other screening experiences. The calls are every Tuesday at 9:30 AM PT.
  - Dial in info: (712) 451-0663 [Access code: 427505]
- You can book Angst Filmmakers or Experts for your screening and discussion. Ask your Distribution Lab Rep/Booker for details or reach out to [angstscreenings@indieflix.com](mailto:angstscreenings@indieflix.com)
- Find promotional and marketing materials on our website [angstmovie.com/promote](http://angstmovie.com/promote) including posters, social media images, sample tweets, press release, info about the film, etc.
- Connect with us on social media

- Instagram - [@indieflixmovies](#)
  - Twitter - [@indieflix](#) and [@indieflixceo](#)
  - Facebook Pages - [“IndieFlix”](#) and [“Angst: Raising Awareness Around Anxiety”](#)
  - Hashtags: [#AngstMovie](#) [#IndieFlix](#)
  - Tag us and we will repost!
- Test audio/visual on the film in the venue you are using a few days before as well as the day of the screening event.
    - PLEASE NOTE FOR SCHOOLS: WE STRONGLY ADVISE YOU TO TEST IN ADVANCE OF YOUR SCREENING TO MAKE SURE YOUR SCHOOL INTERNET ALLOWS ACCESS TO OUR WEBSITE.
  - During your screening, please remember to turn off notifications on the computer or system you are using for your event.
  - Please help us by sharing this quick survey with your community so we can source more information, resources, and tools to share. This survey is appropriate for kids, parents, educators, professionals, and anyone who saw the movie. Forward or copy this link below and send to your screening attendees. You can also post the link to your social networks or websites: <http://bit.ly/angst-movie-survey>

## Discussion Guide

**ANNOUNCE TO YOUR AUDIENCE BEFORE THE FILM:** (we strongly recommend having a moderator to introduce the film and panelists as well as lead the direction of the post-film discussion. The moderator can field questions to the panelists, take questions from the audience, and keep the discussion on track)

*“Angst is 56 (or 43) mins and there will be a brief Q&A following. Please stick around. The filmmakers created Angst to help break the stigma around anxiety and open up the conversation around mental health. They believe there is power in watching as a community, power to change, and permission to talk about it.”*

## PANEL SUGGESTIONS

- We suggest circulating index cards and pencils for people to ask questions. It's a great way to allow people to ask a question and maintain anonymity. Collect the cards post-screening and hand to moderator. You can also include the student survey included in this packet to encourage students that might need help but are afraid to ask.
- We strongly encourage you to have 2-4 people on the panel. We recommend a moderator, licensed therapist, school counselor, social worker, or human resource representative to be in attendance to assist with the Panel Discussion and Q&A. If a student or parent is willing to be on the panel it makes for a powerful experience to hear from the students and parents too. While it may be very scary for them it models pushing through. Student panelists in particular have shared with us how happy they were to have participated. They should talk about anxiety and how it specifically affects your group (students, parents, employees, etc.), and why the film is timely, useful, and beneficial.
- We suggest that you connect with your panel in advance to talk through how questions will be addressed. Encourage everyone to try to keep responses informative yet concise.
- Briefly introduce each person and ask them to share what they thought of the film and why it was helpful. (Remember, you want to utilize the power of the film to encourage discussion, so keep these comments concise and under 2 minutes each.) The focus should be on the Q&A, not the panelists.
- Open it up to the audience for questions.

MODERATOR: (We have found this helps to kick off the conversation.)

- *“Raise your hand if you or someone you know has ever felt the negative effects of an anxiety disorder. Now, keep those hands up and look around. As you can see by the show of hands, anxiety touches us all.”*

TIP: Remember to have a list of questions (below are some suggestions) to ask the audience if they are slow to ask their own questions. Feel free to add your own and the index cards are always helpful.

QUESTIONS FOR THE EXPERTS: Be sure to leave time for the audience to ask questions. You can collect the index cards while the experts are speaking.

- Is anxiety on the rise or are we just more aware of it? Why?
- Why do you think it's so hard to talk about anxiety and mental health when it affects our entire community?
- Since we know that anxiety affects all of us, how can we manage our daily stress and anxiety?
- What ways can we support someone who experiences severe anxiety?
- Can you share one thing that stands out from the film?
- *Move to index cards if you have any or open up to audience questions*

**Answers to Commonly Asked Questions at Previous Angst Screenings can be found on [angstmovie.com/resources](http://angstmovie.com/resources) - please feel free to direct your audience there.**

## IN CLOSING

- MODERATOR: Thank you for joining us. Go to [angstmovie.com](http://angstmovie.com) for more resources and answers to other commonly asked questions, tools, and information about how to find or book a screening of Angst.
- If you or someone you know is in crisis, call 911, call the National Suicide Prevention Lifeline 1-800-273-8255, or text the Crisis Text Line 741741. They are free and have trained professionals ready to help you or someone in need.

# ANXIETY TIP SHEETS (3 tip sheets):

**With the help of our experts we've rounded up some tips on anxiety support.**

Often, those who experience extreme anxiety feel ashamed and suffer in silence but the good news is that there is hope. Anxiety disorders are highly treatable. Below are some common 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 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.

**5 Ways to Support Your Teen's Mental Health**

- 1** Validate your teen's emotional pain
- 2** Educate yourself about how the body reacts to anxiety
- 3** Create an environment that encourages facing fears
- 4** Model vulnerability "it's ok to not be ok"
- 5** Consider extra help from professionals

For more resources and information, please visit: [www.adaa.org](http://www.adaa.org)

 ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

## TIP SHEET #1

### HOW TO HELP A FRIEND WHO HAS AN ANXIETY DISORDER

Having supportive and understanding friends is an essential component to recovering from an anxiety disorder. How can you help?

**Educate yourself** - Understanding what your friend is going through will help you better support them. It will also help alleviate frustrations that you may have about his or her behavior.

**Be supportive** - Encourage your friend when he or she is having a tough time and be empathetic to what he or she is going through. Be respectful but do not support avoidance of stressful situations.

**Don't try to change your friend** - Modify your expectations of how you want your friend to be and accept your friend for who he or she is.

**Communicate** - Be sure to listen with a nonjudgmental attitude. Help him or her find treatment. Sometimes it's hard to take the first step alone. Be supportive and encourage your friend to get help.

**Encourage** - Encourage your friend to confront stressful situations and support them through the experience, rather than avoiding anxiety-provoking situations. Avoidance can actually make the anxiety disorder worse.

**Be fun** - Sure it's good to have someone to talk to, but your friends need you to keep the fun going. Help make them laugh and relax.

**Visit [angstmovie.com](http://angstmovie.com)** for more information including videos, articles and websites.

Tips powered by TeenMentalHealth.com



## TIP SHEET #2

### MANAGING ANXIETY AT WORK, SCHOOL OR IN YOUR COMMUNITY

**Be Specific:** Address your stress inducing thoughts and label them concretely. Make a list at the end of each workday and evening (at home) with the labeled stressors and an action plan of completion. Even if the items of stress are not task oriented in nature, it is beneficial to label them and write them down (for example, “Concerned about my daughter’s lack of interest in school.” Plan – take her for a drive and begin a conversation.) (For employees: “I am worried about an upcoming presentation.” Plan – talk with a coworker, manager or HR representative.)

**Take a Break and Distract:** If you feel your thoughts becoming clustered and overly emotional, or the beginning stages of anxiety increasing, get up and move for 5-10 minutes. Take your thoughts and body to a new location, even briefly, to grab a drink in the lounge or hallway, listen to music for a moment. Distracting your thoughts will allow your brain to function in an organized and efficient manner.

**Don’t Isolate (for long):** 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. Do what you fear, be it networking socials or assertively stating your idea in a meeting.

**Model Emotional Honesty and Reach Out:** Let your coworkers, and loved ones know if you are feeling stressed, create an environment where all emotions are labeled and acknowledged. Address your needs.

**Visit [angstmovie.com](http://angstmovie.com)** for more information including videos, articles and websites.

## TIP SHEET #3

### 12 DEFINITIONS & TIPS ON ANXIETY

Some anxiety is normal and natural, occurring in children, teens and adults every day. Anxiety is generally defined fear that is future-oriented, while phobias are specific, exaggerated fears. Anxiety becomes problematic when it begins to interfere with everyday life.

1. There are many different types of anxiety disorders, and they are one of the most common forms of mental illness. They include:
  - a. **Panic Disorder**, which involves physical symptoms of anxiety as well as fear of having another panic attack.
  - b. **Social Anxiety** in which people avoid social situations (i.e., public speaking).
  - c. **Specific Phobias**, or intense fear of specific objects (i.e., snakes).
  - d. **Obsessive Compulsive Disorder**, which involves thoughts (obsessions) that tend to be unwanted and intrusive (i.e., maybe there are germs on my hands), and create anxiety, after which the individual engages in compulsions, or actions designed to reduce that anxiety (i.e., hand washing).
  - e. **Generalized Anxiety Disorder**, or excessive fear related to several things.
  - f. **PTSD (Post Traumatic Stress Disorder)** involves exposure to an extremely traumatic event that could result in death or serious injury, followed by a re-experiencing of the event, increased arousal, and avoidance of things that remind the person of the event.
  
2. There are three parts to anxiety: What I think (cognitions); What I feel (physical sensations); and What I do (behaviors). Helping people break down and verbalize these distinct thoughts, feelings, and behaviors helps them understand and face their fears.
  
3. Our bodies have a natural, physiological, way of coping with fear. A specific set of sensations occurs when we're anxious, including pounding heart, shortness of breath, dizziness, and sweating. This set of symptoms, called the fight or flight response, is designed to help us avoid danger, but sometimes works more like a faulty smoke alarm. Helping teens understand these natural sensations in their bodies without overreacting, and showing them how quickly things can return to normal can help give them control over their feelings of anxiety.

4. Facing fears and anxiety can teach an individual that they are stronger than they think they are, that they can face something that they thought was insurmountable, and decreases those fears in the long term. Avoiding fears actually increases the chances that they will turn into a problem.
5. Excessively reassuring someone who is anxious that everything will be okay may backfire when trying to help them cope with anxiety. Instead, empathize that it's natural to feel anxious, and focus on helping them through their feeling so that they can successfully face their anxiety. Avoiding activities because of fear can lead to increased anxiety because it reinforces the false concept that anxiety makes the activity too scary or difficult. For example, if someone is anxious about having a panic attack while driving, and therefore is encouraged not to drive, they learn that driving must be dangerous, because otherwise, why would everyone be discouraging driving?
6. Fears, phobias, and anxieties can be successfully treated with cognitive behavioral therapy (CBT), which helps teens change their thoughts, feelings, and behaviors. This is a short-term (6-16 sessions) weekly type of therapy that teaches an individual to become his or her own therapist. The cognitive piece helps people identify their fear as excessive, and as something they can overcome by focusing on, and then changing, specific irrational thoughts that lead to anxiety.
7. Behavior therapy for anxiety often relies on the concept of Exposure Therapy, which focuses on helping an anxious person face their fears in a controlled environment. This may involve helping someone with a fear of public speaking give a speech in front of a few people, and then a larger group, and finally, a target audience. The goal of Exposure Therapy is to help an individual learn that they can feel anxious but that they can still live their lives.
8. Medication for anxiety may be an option as well. The most typical types of medication prescribed for anxiety are called Selective Serotonin Reuptake Inhibitors, or SSRIs.
9. The best thing you can do for someone with anxiety is help them face their fear. If you're experiencing symptoms of anxiety, think about how you can tackle your fear head on, possibly in small steps.

10. You can also help reduce anxiety through changing “self-talk”, a part of CBT where people learn to identify the thoughts that they have that perpetuate their fears. Instead, try and identify what you’re really worried about, and whether it’s likely to happen.
  
11. Praise and reward yourself for facing tough situations. Be liberal with support if you know someone who is struggling with anxiety – even if the fear is irrational, it’s difficult to face your fears. Any small step in the right direction should be encouraged.
  
12. Finally, take care of yourself! If you’re feeling anxious, make sure you’re managing your base stress levels by exercising, eating right, and getting enough sleep. All those factors can play a part in making anxiety worse as well.

by Regine Galanti, Ph.D. Director, Long Island Behavioral Psychology

# CONTACT US

Spread the word. Believe change is possible.

These screenings bring kids, parents, and educators together to talk about this universal issue, share personal stories, and provide resources and tools. There is power in solidarity. The more you share, the more we connect. Share this film in your community because watching it alone on your couch does not create the same effect as watching it with others.

Interested in additional screenings? Please visit: [angstmovie.com](http://angstmovie.com)

**Connect with us online! Let's keep the conversation going!**

**Facebook** [facebook.com/AngstMovie](https://facebook.com/AngstMovie)

**Twitter** [@IndieFlix](https://twitter.com/IndieFlix) and [@IndieFlixCEO](https://twitter.com/IndieFlixCEO)

**Instagram** [@angstmovie](https://www.instagram.com/angstmovie) and [@IndieFlixCEO](https://www.instagram.com/IndieFlixCEO)

**Email** [angstscreenings@indieflix.com](mailto:angstscreenings@indieflix.com)

[www.AngstMovie.com](https://www.AngstMovie.com)

Questions? Feel free to call us: 323 940-3549 | Email: [angstscreenings@indieflix.com](mailto:angstscreenings@indieflix.com)

# Angst Student / Youth Survey

Please complete the questions below following the *Angst* film screening.

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Student First and Last Name

1. Did you identify with anyone in the film? (feel free to list one or more)

2. Do you think parents should see this film?

[ YES / NO / NOT SURE ] (*circle one*)

3. Who would you contact at school if you or someone you know needs help? (feel free to list more than one)

4. Would you like someone to reach out to you to check in with you or someone you know?

[ YES / NO / NOT SURE ]