

ANXIETY

DISCUSSION
QUESTIONS



A2

1. What is anxiety?
2. How do you feel when you are anxious?
3. What makes you feel anxious?
4. Can you name some things that help you relax?
5. How do you calm down when you are worried?
6. Do you talk to friends or family when you feel anxious?
7. What are some ways to feel better when you are nervous?
8. Do you feel anxious when you meet new people?
9. How does your body feel when you are anxious?
10. Do you like to be alone or with others when you feel anxious?
11. What are some activities that make you forget your worries?
12. Have you ever felt anxious before a test?
13. What do you do when you can't sleep because of worry?
14. Do you think exercise helps with anxiety?
15. How can deep breathing help when you feel anxious?

B1

1. Why do people experience anxiety?
2. How can you tell if someone is anxious?
3. What is the difference between stress and anxiety?
4. How does anxiety affect your daily life?
5. What are some common fears that cause anxiety?
6. Do you think talking about anxiety helps?
7. How can we support someone who is feeling anxious?
8. What role does sleep play in managing anxiety?
9. How do social situations trigger anxiety?
10. What are some healthy ways to cope with anxiety?
11. How does anxiety affect children differently than adults?
12. Do you think technology increases anxiety?
13. How can mindfulness help with anxiety?
14. What are the long-term effects of not managing anxiety?
15. How do different cultures view and treat anxiety?

B2

1. Discuss the impact of anxiety on mental health.
2. How does anxiety influence decision-making?
3. What are the physiological symptoms of anxiety?
4. Discuss the role of therapy in treating anxiety.
5. How does the media portrayal of anxiety affect public perception?
6. What are the pros and cons of medication for anxiety?
7. How can lifestyle changes reduce anxiety?
8. Discuss the relationship between anxiety and creativity.
9. How does anxiety affect performance in work or school?
10. What are some misconceptions about anxiety?
11. How do social networks contribute to anxiety?
12. Discuss the connection between diet and anxiety.
13. What are the benefits and drawbacks of self-help methods for anxiety?
14. How does anxiety differ from other mental health issues?
15. Discuss the stigma surrounding anxiety and mental health.

C1

1. Analyze the psychological theories behind anxiety.
2. Evaluate the effectiveness of different anxiety treatments.
3. Discuss the ethical considerations in anxiety research.
4. Examine the societal impacts of increasing anxiety levels.
5. Debate the role of genetics versus environment in anxiety.
6. Analyze the impact of cultural expectations on anxiety.
7. Evaluate the role of technology in managing anxiety.
8. Discuss the challenges of diagnosing anxiety disorders.
9. Analyze the relationship between anxiety and personality types.
10. Evaluate the impact of pandemic on global anxiety levels.
11. Discuss the role of resilience in overcoming anxiety.
12. Examine the effects of workplace stress on anxiety.
13. Analyze the role of the media in shaping anxiety disorders.
14. Discuss the long-term outcomes of untreated anxiety.
15. Evaluate the role of support networks in managing anxiety.

C2

1. Critique the current mental health approaches to anxiety.
2. Analyze the socio-economic factors contributing to anxiety.
3. Debate the implications of anxiety on public health policy.
4. Examine the global trends in anxiety and stress-related disorders.
5. Evaluate the interdisciplinary approaches to anxiety research.
6. Discuss the influence of cultural norms on anxiety expression.
7. Analyze the impact of urbanization on anxiety levels.
8. Debate the future of anxiety treatment and management.
9. Examine the role of education in understanding and managing anxiety.
10. Analyze the relationship between anxiety and other psychological disorders.
11. Discuss the implications of long-term anxiety on life expectancy.
12. Evaluate the role of alternative therapies in anxiety management.
13. Analyze the impact of economic uncertainty on anxiety.
14. Debate the effectiveness of national mental health campaigns on reducing anxiety.
15. Critically assess the role of the pharmaceutical industry in anxiety treatment.