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Problem: Making the educational process easier for people with anxiety disorders.

Brainstorming:

- 1) POV Video
- 2) Instructor Training
- 3) Parent Awareness: **Addendum-** I feel that this is extremely important for parents to make their child's nutrition a priority. If your child seems to be suffering from a mental illness (such as anxiety) then parents should be made aware that allergens and food sensitivities can cause and exacerbate these problems. Parents should look into allergy testing and food sensitivity testing before they start giving their young children medications that they may not require.
- 4) Student (with anxiety) Classes
 - a. Focus on nutrition
 - b. Food sensitivities
 - c. Food allergies
 - d. Breathing techniques
 - e. Meditation
 - f. Yoga
 - g. Stress Relievers
- 5) Free School Counseling (by professionals who have worked with those who have anxiety disorders).
- 6) Music and Art Therapy
 - a. Drawing- **Addendum:** This is another area that I feel could be expounded upon and turn into something beneficial for a young child. It will help them to relay their feelings into their art,

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which not only can help them to feel better but can also help adults be made aware of what underlying issues they may be experiencing.

- b. Photography
 - c. Playing instruments
 - d. Singing
 - e. Photo Editing
 - f. Graphic Designing
- 7) Mobile Phone App
- a. While mobile phones are not allowed in classrooms, an app that could help the student focus on something other than racing thoughts could prove helpful.
 - b. It would have to be understood by instructors that students may need to leave the classroom if they are not feeling well.
 - c. Students would then be able to retreat to the hall or the library where they can use the app to help and calm them down when they are in the midst of a panic attack.
- 8) Use of noise cancelling headphones
- a. When there is a lot of stimulation around a student with anxiety, it tends to intensify their symptoms. Providing them with a quiet place where they can utilize noise cancelling headphones and listen to soothing music or even white noise, may be one way to pull them out of their panic.
- 9) Make the Mobile Phone App a Drawing or Art Related App
- a. Students with anxiety may benefit from just letting their mind go somewhere else. By allowing them to put their energy into something artistic, they may be able to bring themselves out of their own panic attack.
- 10) Offering More Online Learning Opportunities

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- a. I am aware that there are a number of online options for students, of all ages, available at this time but I feel as if there could be more. For instance, Universities don't offer a great deal of program options for students who prefer to learn online.
- b. By allowing a student to learn from their home, they won't have to feel the stress of outside stimuli that they experience when they are on a school campus.

11) Animal Therapy

- a. Much in the way hospitals use animals to help relax their patients and provide them with a form of happiness, animals can be calming to those around them.
- b. Some students may be allergic to animals so this option isn't ideal for all of them and it isn't always ideal for animals to be in a building where other students, who suffer from allergies, are around them.
- c. For this to work properly, it may be best to have a room that is completely separated from students and where the allergens are not able to spread, where a student can pet a dog, cat, or rabbit.
- d. A student with anxiety may even find cuddling with an animal regulates their breathing because they often, inadvertently, mimic their breathing to that of the animal they are lying next to.

12) Magic Item

- a. This may be more useful to younger students than older ones but to have an item such as a bracelet, necklace, toy, crystal etc. that is said to be magical and will protect them, may make them feel more at ease when they are outside of their comfort zone.
- b. The student will then have this object to cling to when they start to panic and be reminded that they are going to be ok.

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c, **Addendum:** I really would like to expand upon this idea because I feel that for a young, elementary school aged child, something like that can bring them a great deal of comfort. I'm not sure exactly what this item would be and it may differ from child to child but I think that this could be promising.

13) Tap Into Religion

- a. While some may denounce religion, I have found that having my own faith and being able to have moments of prayer, have provided me with some relief in my times of extreme fear.
- b. Using a cross or a rosary can make a student feel as if they are protected as well. I don't want to refer to these as magical items because that would be disrespectful to my own religion and to the religion of others but having an item that reminds you of your God, his love, and protection, may help the student feel safer.

14) Require Journaling

- a. Whether the journal is used to express their feelings or just for doodling, this should be something that is incorporated into each class. It will help give the students' minds a break and get down their thoughts or ideas onto paper.

15) Social Networking Site for those Who Struggle with Anxiety

- a. If a student chooses the online educational route for their learning, there may be concerns about their social engagement with other students. Creating a site where students from different age groups, backgrounds, and are located in their area, may help them to involve themselves in social connection without having to do so in a classroom setting.

My problem of practice had an extremely wide range of focus. There wasn't one set area that I could decide upon, due to the fact that I felt they were all so important. After doing some

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brainstorming and then taking some time for the incubation process, I have not decided upon a project idea yet but what the incubation time did allow me to do, was narrow my focus. For so long I was looking at this problem from my own perspective. While that can be a great thing to do if you're able to relate to the subjects, it can also allow you to lose yourself on the idea that what's right for you is right for everyone. I never truly believed this because there are a multitude of different factors that cause anxiety to exist in a person, yet I still kept boomeranging back to myself. One question that this time did allow me to answer, was where I feel my primary focus should be. Since I am a college student, it would seem only natural that I would pick college students as my focus, however, I have decided to shift my focus on elementary school aged children. The reasoning for this is that I have started to notice a pattern, the pattern being that not only are more people developing anxiety and having panic attacks but younger people are developing them. When my friend told me about her 6 year old daughter having panic attacks, my heart broke into a million pieces for this little girl. I feel that if children can get a handle on their anxiety and learn to deal with it from a young age, it may stop the illness from snowballing and becoming something that leaves them debilitated and non-functioning once they get older.