

SUPER HUMAN ANXIETY

DISCUSSION GUIDE



Have you ever felt so uncomfortable or anxious that it felt like your body was full of pressure—like you could crush a cup in your hand?
(What was happening at that moment?)

DISCUSSION QUESTIONS

When you're nervous, do you have something you do—like a ritual or habit—that helps you feel better?
(What works best for you?)

While watching the film, Ms. Sweetly said, "I get anxious too." Was that comforting or not? Why do you think that is?

While watching the film, how did it feel to hear Ms. Sweetly tell Whitney to "calm down"?
(Do you think that was helpful? Why or why not? What else could Ms. Sweetly have said?)

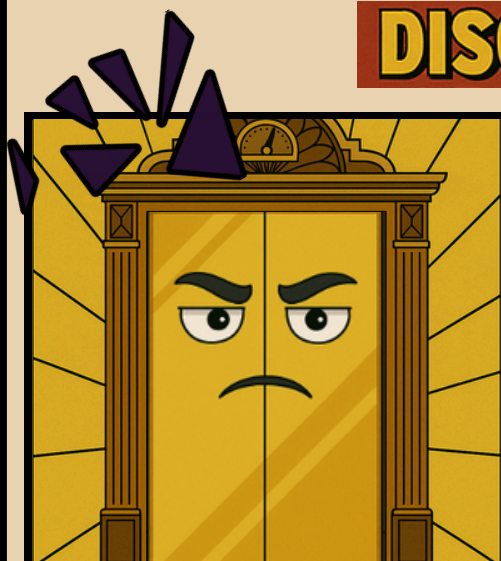
While watching the film, what went through your mind when Whitney deflated the ball, broke the pencil, or dented the floor?
(Did any of those reactions feel familiar?)

"I get ANXIOUS too"



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While watching the film, did it feel reassuring when Ms. Sweetly said, “You’re not wrong to feel this way—and you’re not alone. Let’s work through it together?”

(Why or why not?)

Can you think of a time when saying “I get anxious too” might feel dismissive instead of supportive?

When you’re anxious, do you ever worry that others will be uncomfortable or overwhelmed by your anxiety?

(How does that impact how you handle it?)

If you experience anxiety, do you feel like it gives you any “superhuman” strengths? Like being more aware, empathetic, creative, etc.?)

Do you have a friend who gets anxious—or have you ever helped someone through a moment of anxiety? *(What did you do? How did it go?)*

How do you wish someone would speak to you when you’re having an anxious moment *(Has anyone helped you through an anxious moment before? How did it go?)*

Besides breathing exercises, what other things help you calm down—or help you support someone else who’s anxious?

“You’re not wrong to feel this way—and you’re not alone. Let’s work through it together?”

