**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Mental Health Aide**

**Related unit of instruction:**

Anxiety

**Approximate Completion time:**

6hours

**Rationale for the Lap:**

This LAP is designed to prepare the student to discuss anxiety disorders.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in end of chapter questions for Chapter 3 in Marshburns, Cox-Stevens and Thomson’s *The Mental Health Worker: Psychiatric Aide,* Delmar Learning, 2007
2. Pass the test for the chapter

**Learning Objective:**

Anxiety Chapter 3

1. Define and correctly spell each of the key terms.
2. Define anxiety.
3. Discuss the types of anxiety.
4. List at least ten things helpful in the treatment of anxiety.
5. List five short-term methods for coping with anxiety.
6. Discuss the long-term methods for coping with anxiety.