**Project for Mindfulness 120**

**Chill Fair**

1. **Due date:** May 31st
2. **Genre:** power point, poster board, written assignment, stress toolkit, demonstration
3. **Outcome**: Ways to cope and handle stress and anxiety or information sharing, skills and approaches to help you and possibly others
4. **Possible topics**: anxiety (signs, specific type of anxiety such as Generalized Anxiety Disorder, Panic attacks, OCD, Phobias, etc) brain info, strategies to cope; the brain (research, how it is connected to anxiety); stress kit (tools for coping, quotes, stress ball) stress (positive and negative stress, signs, coping strategies); relaxation techniques (mindfulness, meditation, breathing exercise, reframing your thinking, gratitude, etc.) What are the mental and physical benefits of using this strategy? When is the strategy useful? What are important tips and points to remember?
5. **Chill Fair**: Projects set up in the classroom for classmates to see. If you want to present it to your classmates, you can; however, if you do not feel comfortable presenting, you do not have to – just find a place in the classroom to place your project. This is a chance for you and your classmates to share information and ideas about stress and anxiety and healthy ways to cope.
6. **How to get started:** deicide on a topic on this list or if you think of a different topic, ask for approval. You will be given some class time to work on your project (though you will need to work on it for homework too)