

Video Title: Coping with Anxiety

Business Purpose: ABC Company has seen a 10% decrease in productivity now that the Winter months have arrived. After conducting interviews and surveys, ABC has concluded that employees are more stressed and overwhelmed with anxiety due to the Winter months and the impending deadlines on several projects. ABC wants to increase productivity by 15% through mental well-being exercises.

Target Audience: All employees at ABC company

Learning Objectives:

1. Identify solutions to bring an overall stress level down
2. Identify tips to calm yourself when having an anxiety attack

Outline:

- Introduction of anxiety-ridden co-worker
- Co-worker conversations about how to cope in the workplace
- What to do if a panic attack happens
- Seeking professional help

Characters: Shane, the initial narrator to begin the story, Cindy, the co-worker that is feeling anxious. Sally, the co-worker who listens to Julie vent. Other unnamed co-workers are in the office.


Color Palette: There is no specific color palette except for the masked character faces. Shane has a neutral grey background and Sally has a teal background in her mask. Otherwise, all scenes were taken out of the Vyond library. Most scenes focus on the space in the office.


Seat Time: 5 minutes

Directions for Reviewer(s): Reviews can be completed through sharing this document by adding comments in the comments section of each table.


Global Comments:

- There is background music underneath throughout the entire skit except for when she has a panic attack.
- Throughout the skit, the main characters will be using the dialog action to speak to each other or to do the VO.
- Unless stated otherwise, every scene does fade to white. If they are continue scenes, it will be noted if there is a transition, but otherwise there is just a continuation.


1. Home			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Cindy is outside of her house watching her husband leave and waving goodbye.</p> 	<p>Bye, dear!</p>	<p>Cindy is waving at the beginning</p>	

2. Home Continue Scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Her expression changes when he is gone, and she is looking down and talking to herself about how she feels.</p> 	<p>Another day....</p> <p>Another day of having to go to work. I feel so tired. So drained. Deadlines are getting to me. People are getting to me.....</p>	<p>her expression changes, she is simply looking down.</p> <p>The scene will fade out at the end.</p>	


3. BLANK SCENE			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>WHITE</p>		<p>3 seconds with fade in and fade out.</p>	

4. In the Office			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>This is an office setting, so co-workers are sitting either at desks or in other areas in the common room. Expressions are different from one co-worker to the next, but all seem to be working in one way or another.</p> <p>There is a masked face (Shane) in the upper left corner that is talking about the scene you see.</p> 	<p>As you can see here, this scene looks like the ideal work space. People are at their desks or other areas where they are either doing work or chatting with their colleagues.</p>	<p>The scene will fade in</p>	


5. In the Office Continue			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>This is a continue scene. The camera will zoom into Cindy's change of expression to feeling down and overwhelmed.</p>	<p>But let's take a look at Cindy. While she seems to be engaged in conversation, in reality, she is feeling very anxious and alone. Even with all of this chatter and</p>	<p>There is camera movement to dial in on Cindy. The masked Shane also moves on a motion path and is timed with the camera zoom.</p>	


	<p>productivity, Cindy feels very trapped in her environment.</p> <p>What can she do?</p>	<p>Question marks pop up around her timed with the what can she do audio.</p>	
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6. BLANK SCENE			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
WHITE		3 second with a fade in and fade out transition	


7. In the Office Continue			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>This is a continue scene. The camera is still zoomed into Cindy and she has an anxious look on her face. Sally is talking to her.</p> 	<p>[Cindy VO] I just feel so unsettled right now, and I don't know what to do. I go through the motions to come to work, but I am exhausted from the moment I start. The deadlines are becoming overwhelming and the clients are pushing me to the brink of a breakdown. I don't know what to do!</p> <p>[Sally VO] I completely understand! It is natural to feel overwhelmed when you are doing a big project, or are watching others excel in their particular fields. But that</p>	<p>Co-workers are working in the background. Cindy has an anxious action and Sally is sitting in a listening action.</p>	


	<p>doesn't mean that you are alone.</p> <p>There are some ways that you can ease your anxiety. It takes some practice and some time, but I know you will be successful with these coping strategies just like you were successful with your last project!</p>		
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8. Supervisor Office			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Cindy is talking with her supervisor, but you cannot hear what they are saying.</p> <p>Sally is now a masked character in the upper left corner, so it's like she is still talking to Cindy but as a VO.</p> <p>[Speaking bubble] Speak to your manager</p> 	<p>[Sally VO] This may not be for everyone, but if you do feel comfortable doing this, speak with your manager or supervisor about your anxiety. They may be able to offer you accommodations to help you do your job more effectively. They cannot legally discriminate against you, so you do not need to worry about repercussions.</p>	<p>This has a fade in and out transition for the scene.</p>	


9. In The Office			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Same office scene as before, except that all of the other co-workers are now gone along with their desks. The camera is immediately zoomed in on the two talking</p> <p>[Bubble] Talk with a co-worker</p> 	<p>[Sally VO] Talk with your co-worker.....like me! If you trust me, or any other co-worker to be a listening ear, you may find that your stress level is lowered, because you will know that someone is there to check up on you. Let me be your ear!</p>	<p>Cindy and Sally have the same expressions from the last "In the Office" scene. The scene itself will fade in and out</p>	


10. In the Office			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Cindy is in her office setting, but this time, it is just her at a computer working with Sally in a masked oval to her left. The camera is zoomed in close on her while she works.</p> <p>[Bubble] Know your limits!</p>	<p>Know your limits!</p> <p>Focus on a single task at a time.</p>	<p>Cindy is performing a typing action at a computer.</p>	

			
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11. In the Office Continue Scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Cindy is in her office setting, but this time, it is just her at a computer working with Sally in a masked oval to her left. The camera is zoomed in close on her while she works. The Know your limits bubble disappears. Her supervisor enters the scene.</p> 	<p>[Sally VO] Work with your supervisor to prioritize your tasks so you know what is the priority and what can wait.</p>	<p>Cindy is performing the same action as the previous scene. The supervisor comes in on a motion path timed with the VO</p>	


12. In the Office Continue Scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>The visuals are the same as the previous scene</p>	<p>If you start to feel a sense of dread or panic and</p>	<p>The transition for this scene takes up the entire scene and should be the bad transmission transition.</p>	

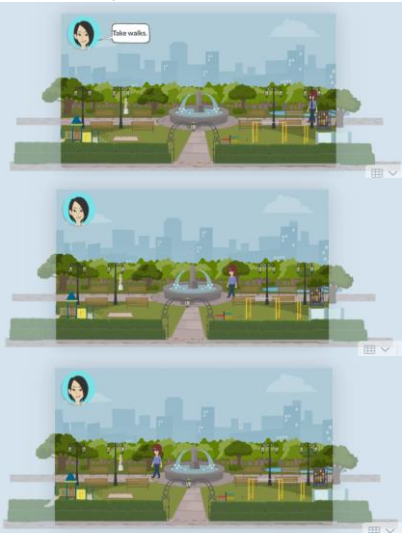
	<p>everything around you becomes a blur.....</p> <p>Try these strategies</p>		
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13. In the Office Continue Scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>It is the same scene except that there is no camera zoom, but it is still just Cindy as she has headphones on and is listening to music. The Sally masked oval is still speaking in VO, but the supervisor is now gone.</p> <p>[Bubble] Listen to Music</p> 	<p>[Sally VO] Listen to music at work if you are allowed.</p>	<p>Cindy is performing the listening to music action.</p> <p>The scene fades in and out for transitions.</p>	


14. In the Office Continue Scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>It is the same scene except except now it appears we are closer to Cindy so we can see her computer screen. There is an image of a January 2024</p>	<p>[Sally VO] Set small, frequent deadlines to keep yourself focused and on track.</p>	<p>Cindy is performing the sitting action. The X's are using the pop up animation and added to her calendar. The scene has a fade in and fade out transition.</p>	


<p>calendar on her screen and X's pop up to signify short easy deadlines are happening at those times.</p> <p>[Bubble] Make small, short deadlines.</p> 			
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15. In a Yoga studio			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>There are three characters that are meditating in a yoga studio. Cindy is in the middle of the three. The built-in animation has them floating and sitting in a meditative position.</p> <p>Sally's masked oval is still in the upper left corner.</p> <p>[Bubble] Meditate.</p> 	<p>[Sally VO]Set aside 5 minutes during the morning and afternoon to do a short guided meditation.</p>	<p>See visual notes for Cindy's actions.</p>	


16 - 18. At a Park			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>These three scenes work in instant succession of one another. Cindy starts on the right side of the screen walking through this park.</p> <p>Sally's masked oval is in the upper corner.</p> <p>[Bubble] Take walks. (The bubble will disappear in Scene 17).</p> 	<p>[Sally VO] Listen to music at work if you are allowed.</p>	<p>Cindy is performing a walking action.</p> <p>There are no transitions between these three scenes, so it appears that her walk is seamless.</p> <p>16 has a straight motion path from off-screen to the fountain. 17 has a curved motion path in front of the fountain 18 has a straight motion path from the left side of the fountain to off-screen.</p> <p>She should stay on the sidewalk through all three scenes.</p>	

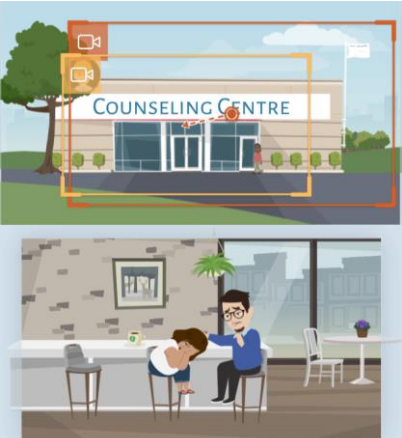
19. In front of the office building			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments





<p>Cindy is continuing her walk, but she is now in front of her office building, and her expression has changed to smiling.</p> 	<p>No Script here</p>	<p>Cindy is performing the walking action and has a smiling expression.</p> <p>There is a very slow moving camera to do a minor zoom in to Cindy.</p> <p>Cars and busses are driving from off-screen past Cindy as she is walking.</p>	
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20. In front of the office continue scene			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>The camera zooms in close on Cindy and she stops walking to talk.</p> 	<p>[Cindy]Wow, that walk really helped to clear my mind. I'm ready to be productive!</p>	<p>Cindy is performing standing and talking action with a positive expression on her face. The camera does a Zoom throughout the scene landing on just her when she is just about done speaking.</p>	

21. In the Office			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Everyone is back in the scene now and Cindy and Sally are talking to each other.</p>	<p>[Sally]There are many more ways to cope with anxiety, but this gives you a good start. It's always important to know yourself and your limits.</p>	<p>Cindy is performing the excited while sitting action and has a positive expression on her face while listening to Sally talk. Sally is sitting and talking.</p>	

	<p>With that in mind, you can achieve anything!</p>		
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22-27 Counseling Center Template			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
<p>Shane is in the upper left corner in a masked oval. Throughout this template, he is talking about seeking professional help. His oval is only in the first scene, then he is only doing a VO.</p> <p>The scenes are quick clips of what you might see in a counseling center.</p> 	<p>[Shane VO] Please note:</p> <p>If you have a problem that a simple relaxation, distraction, or conversation with your co-workers cannot fix, don't be afraid to seek professional help. Our company values your well-being and wants to take care of all of its employees.</p> <p>Thank you and be well!</p>	<p>Each scene has a different transition in and out where you can see different areas of a counseling center, pointing out that you can receive help needed.</p> <p>There is camera motion on Scene 22 as a patient walks into the counseling building. Each scene is about 2 seconds in duration and is part of the built-in template.</p>	

   			
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28 BLANK SCENE			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
WHITE		Fades to white at the end.	

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