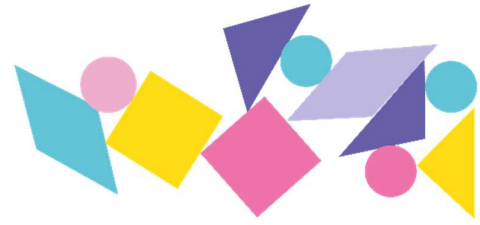


# Schools and Colleges Early Support Service

## Webinars for young people

*Information for parents and carers*



Dear parents and carers,

We would like to share with you a webinar series specially designed for young people.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.

The webinars cover the following topics:

### **How to manage low mood**

We all experience low mood in different ways. It can not only impact how we feel but it can also affect how we live our lives day-to-day. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help young people to understand what low mood is, how to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

### **How to manage anxiety**

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal and can, at times, help with motivation. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise and generally enjoy life. This webinar will help young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. It will also support them to reduce and manage anxious feelings by using self-care strategies.

Click [here](#) to register to watch.

## How to reduce exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young person to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.

## Transition to university - preparing for endings and new beginnings

The move from secondary school or college into higher education and university can feel both exciting and scary. This webinar will explore top tips to help young people to manage their wellbeing in the first few weeks of university, what they might want to consider and what they might expect during this time of change.

Click [here](#) to register to watch.

## How to manage peer pressure

Peer pressure is something that many young people experience during their time at school or college. The fear of missing out (FOMO) and trying to keep up with the latest trends that their friends are into, can become overwhelming at times. This webinar was co-produced with young people, sharing their understandings of peer pressure and how to spot situations where young people might experience pressure. The webinar also suggests helpful strategies for how to manage pressurised situations.

Click [here](#) to register to watch.

## How to manage feelings of panic

Lots of people experience feelings of panic. When experiencing a panic attack, especially for the first time, young people may not know what to do or how to help themselves. This webinar explores what panic is and why we experience it, as well as considering how panic is different from anxiety. We will also look at different coping strategies that young people could use to manage their feelings of panic in the moment.

Click [here](#) to register to watch.

## How to manage anger

Anger is an emotion we all feel at different times. It can be a natural response to difficult situations, but when we feel angry a lot of the time it can start to have an impact on our day-to-day lives. It can be hard to know how to manage feelings of anger. This webinar will help your young person to think about why they may be experiencing anger. It will cover different types of anger and how anger can affect

us. We will also suggest some strategies which lots of young people find helpful for managing feelings of anger.

Click [here](#) to register to watch.

## Getting a good night's sleep

Sleep is an essential part of feeling well and feeling happy, but almost everyone experiences problems sleeping at some time in their life. This webinar supports young people to consider some of causes of sleep problems and offers them some tips and strategies to support themselves in getting a good night's sleep.

Click [here](#) to register to watch.

## How to manage rumination - when our thoughts don't have an off button

Does it seem like your young person may be ruminating (overthinking) about past or future events? There are many benefits of thinking, however, it can be unhelpful when we ruminate all the time. This webinar explores the purpose of thinking, how to identify thought patterns and healthy coping strategies to reduce rumination.

Click [here](#) to register to watch.

## Managing negative thoughts

All kinds of thoughts run through our minds, and sometimes they can be quite negative. When struggling with these kinds of thoughts, our emotions and actions may become influenced by the negativity.

This webinar can help your young person to recognise and manage their negative thoughts, as well as exploring some causes of negative thoughts and practical tips for building a positive mindset.

Click [here](#) to register to watch.

## How to manage healthy relationships

During adolescence, friends will become an increasingly important part of our young person's support network, but it can sometimes be hard for young people to know how to maintain healthy friendships, and what to do when difficulties arise. This webinar will provide a brief exploration around what makes relationships/friendships healthy or unhealthy, how to manage and improve relationships and how to access further support if your young person needs it.

Click [here](#) to register to watch.

## Exam results - finding ways to manage stress when waiting for your results

Exam results time can be stressful for children and their parents/carers. Before your child receives their exam results you will want to support them as they wait.

This webinar will offer you top tips and strategies to support your child's exam result stress and your own anxiety too.

Click [here](#) to register to watch.