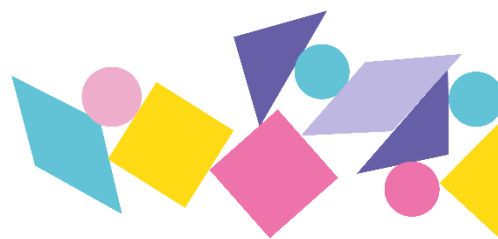


Schools and Colleges Early Support Service

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 upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them 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.

Passcode to watch webinar on demand: 8u*8j+Nl

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, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

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

Passcode to watch webinar on demand: CWuA+2#2

How to manage 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 people 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.

Passcode to watch webinar on demand: N7dqw!=C

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 you to manage your wellbeing in the first few weeks of university, what you might want to consider and what you might expect during this transition period. Further resources will be shared on how you might seek further support around your wellbeing if needed.

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

Passcode to watch webinar on demand: q1#4PE6&

How to manage peer pressure

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. We know this is common in adolescence. The Schools and Colleges Early Support Service's Young Person's Panel has co-produced a webinar to support other young people around peer pressure. Delivered by the SCESS team, this exciting new webinar supports young people to understand peer pressure and recognise situations where they might experience this. Ways in which peer pressure affects young people are explored along with helpful strategies to manage this.

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

Passcode to watch webinar on demand: .9H^J\$#k

How to manage feelings of panic

Lots of young people experience feelings of panic. It can be hard to know what to do when we are having a panic attack, and what might help us feel calmer again. This bitesize webinar explores what panic is and why we experience it, as well considering how panic is different from anxiety. We will also look at different coping strategies we could use to help us, or others we might know, manage feelings of panic in the moment. We hope this will be a helpful webinar if you are struggling with panic or you know someone else who is.

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

What to do if you struggle with anger

Anger is an emotion we all feel at different times. It can be a natural and appropriate response to difficult situations that we've experienced, but when we feel angry a lot of the time it can start to have a big impact on our day-to-day lives. This can be difficult, and it can be hard to know how to manage feelings of anger. This bitesize webinar will help you to think about why you might be experiencing anger. We will consider 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 - we hope you will find them useful too.

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 bitesize webinar will help you to consider what might be causing your sleep problems and offer you some tips and strategies to support you get a good night's sleep. There is also further advice on how to get more help if you need it.

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

Managing ruminating thoughts: when our thoughts don't have an off button

Do you notice yourself 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 bitesize webinar can help you to understand the purpose of thinking, how to identify your thought patterns and develop healthy coping strategies to reduce rumination.

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

Managing negative thoughts

In the constant flow of thoughts that occupy our minds, negativity can sometimes take centre stage, influencing our emotions and actions. Join our bite-sized webinar to gain insights into identifying and managing negative thoughts. Explore their potential causes and discover practical tips for fostering a more positive mindset. Additionally, find resources for further support if needed.

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