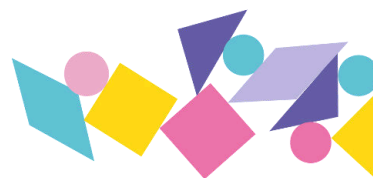


# Schools and Colleges Early Support Service



## Young person on-demand webinars

### Anxiety



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



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### 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. It can stop us from enjoying the things we normally would. This webinar will help you to understand what low mood is, how to spot the signs of low mood and provides self-care strategies that can be used to look after yourself.

### 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 you to find the best ways to manage your stress levels, before, during and after your exams.



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## 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 will help you to consider what might be causing your sleep problems and offer you some tips and strategies to support you in getting a good night's sleep.

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## Staying well online



Many of us spend time online, and it can be hard sometimes to know how to maintain our wellbeing, manage our time well, and maintain online safety. This webinar will provide a number of tips and tricks for staying well online, including how to find a good online and offline balance and the impact of screen time on our sleep. We will also consider the importance of online safety when using social media and gaming, and we provide a number of websites and contact numbers if you want further details on how you can protect yourself whilst online.



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## 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 you to recognise and manage negative thoughts, as well as exploring their potential causes and practical tips for building a positive mindset.

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## Panic



Lots of people experience feelings of panic. When experiencing a panic attack, especially for the first time, we may not know what to do or how to help ourselves. 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 can be used to manage feelings of panic in the moment.



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## Peer pressure



Peer pressure means feeling like you have to do something because people around you want you to or expect you to. This webinar was co-produced with young people sharing their understandings of peer pressure and how to spot situations where you might experience pressure. The webinar also suggests helpful strategies for how to manage pressurised situations.



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## Rumination



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



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## 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 you to think about why you might be experiencing anger, different types of anger and how anger can affect us. We will also suggest some strategies for managing feelings of anger.

## Healthy friendships



Our friendships are a really important part of our lives, but it can sometimes be hard 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 and friendships healthy or unhealthy, how to manage and improve relationships and how to access further support if you need it.



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## Exam results



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What happens after your exams? You may feel a sense of relief or begin to question your exam performance. You may start to think about “what happens next?” and “what do I do in the meantime?” This webinar will help you to identify any anxiety or stress you might be feeling. There are some top tips to support your wellbeing in particular on how to prepare yourself for your exam results and managing your feelings after you receive them.

## Transition to university



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



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**Schools and Colleges  
Early Support Service**



**Anna Freud**