



# Adolescent Wellbeing Workshops


## Who are we?

We are Child Wellbeing Practitioners (CWPs) working in Surrey CAMHS Early Intervention Team. Over the summer we developed a set of workshops to support young people. Understandably, lockdown has left many people feeling isolated and anxious, and we hope these resources will help you to feel more supported and confident.

## What do we offer?

- Guided Self-Help, an intervention based on Cognitive Behavioural Therapy (CBT) principles.
- Psycho-education which aims to help us understand how to best manage certain behaviours and difficulties.
- Brief graded exposure which helps to tackle phobias, fears and anxiety.
- Brief behavioural activation to Improve low mood and mild symptoms of depression.
- Worry work for anxiety.

## About our workshops

- These are designed to be brief, to introduce you to a topic, develop your understanding and provide strategies to try out.
- The workshops can be watched at a convenient time and can be paused and returned to as often as you would like.
  - Within in each workshop there will be suggestions of where to get extra help, support or advice if needed.
  - Each workshop contains an online evaluation form which we would be grateful if you could complete. It should take you no longer than 2 minutes, follow the link [here](#).
  - The workshops can be watched using the YouTube links below – these are private videos, so can only be accessed via these links. You can access the whole YouTube Playlist [here](#).
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# Workshops Available



## What is Anxiety? Part 1

This is part one of a two part series on Anxiety, click here for the [link](#).

The aims of this video are:

- Consider some common assumptions about anxiety
- What is anxiety?
- Causes of anxiety
- Understand how our thoughts, emotions, physical feelings and behaviours keep anxiety going

## Strategies to Manage Anxiety Part 2

This is part two of a two part series on Anxiety, click here for the [link](#).


The aims of this video are:

- Offer helpful relaxation techniques
- Understand what the worry tree is and how it can help manage anxiety
- Understand what problem solving is
- How to manage worries
- Strategies to look after your mind and body
- The importance of goal setting

## Friendships

During this online video, we hope you will learn how to identify helpful and unhelpful friendships, explore common difficulties within friendships, ways to manage these difficulties and how you can reflect on your own friendships. Click here for the [link](#).

The aims of this video are:

- Understand what is friendship and why it's important
  - Identify common difficulties in friendships (such as gossiping, bullying)
  - Learn communication top tips
  - Learn helpful coping techniques to manage friendship difficulties
  - Think about online safety
  - Learn ideas for building stronger friendships
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# Workshops Available

## What is Low Mood? Part 1

This is part one of a two-part series on Low Mood, click here for the [link](#).

The aims of this video are:

- Consider some common assumptions about low mood
- Common signs/symptoms of low mood
- Causes of low mood
- How do thoughts, emotions, physical feelings and behaviours keep low mood going?

## Strategies to Manage Low Mood Part 2

This is part two of a two-part series on Low Mood, click here for the [link](#).

The aims of this video are:

- Understand what SMART Goals are and their importance
- Understand what a backup team is and its use
- Understand what behavioural activation is and its importance
- Identifying your values and how to choose activities based on these values
- Describe helpful relaxation techniques

## Anger Management: Part 1

This is part one of a two part series on Anger, click here for the [link](#).

The aims of this video are:

- Understand what anger is
- Learn how anger impacts our emotions, physical feelings, thoughts and behaviours
- Understand why we get angry
- Cover some causes of anger
- Learn what keeps anger going

## Anger Management: Part 2

This is part two of a two-part series on Anger, click for the [link](#).

The aims of this video are:

- Understand helpful strategies to manage anger
- Using time out
- Relaxation strategies
- Learn helpful communication tips
- The importance of looking after yourself
- Thought challenging
- Problem solving

## Self-Esteem and Self-Confidence

This video will discuss strategies to build and improve upon our self-esteem and confidence. Follow this [link](#).

The aims of this video are:

- To learn about types of self-esteem and their impact
- Consider how thoughts feelings and behaviours can influence self- esteem
- Reflect on individual goals and values
- Explore strategies to improve confidence
- Encourage you to reflect on your own self-esteem
- Further resources for support

## Supporting your Wellbeing Returning to School

This video is best watched after our video 'What is Anxiety Part 1'. This video covers anxiety in relation to COVID-19 and returning to school, plus strategies for managing anxiety in this context. Click here for the [link](#).

The aims of this video are:

- Learn what anxiety is
- Explore anxiety surrounding the return to school
- Learn coping strategies such as:
  - o Worry time
  - o Problem solving
  - o Communicating your worries
  - o Planning and preparing

