

WELLBEING WORKSHOPS FOR ADOLESCENTS AND THEIR CARERS

Surrey CAMHS Early
Intervention Service

SURREY AND BORDERS PARTNERSHIP TRUST

Contents

Wellbeing Workshops for Adolescents.....	2
Anxiety 1: What is anxiety?.....	3
Anxiety 2: Strategies to manage anxiety	3
Low Mood 1: What is Low mood?	4
Low Mood 2: Strategies for managing low mood.....	4
Anger Management Part 1.....	5
Anger Management Part 2.....	5
Supporting your wellbeing in the return to school.....	6
Friendships	6
Supporting self-esteem and self confidence	7
Parent Webinars	8
What is Anxiety?	8
Strategies for Managing Anxiety.....	9
Anxiety in the context of COVID-19	9
Transitions to a new school	10
Returning to school following lockdown and COVID-19.....	10

Wellbeing Workshops for Adolescents

Adolescence is a difficult time and there is an increasing need to ensure that children and young people feel supported and are able to access support if they need to. Lockdown during Covid-19 brought with it many challenges and increased need for wellbeing support and advice. During school closures and limited access to services, the Surrey CAMHS Early Intervention Service developed various resources to support young people, their carers and teachers that could be accessed remotely.

Within this brochure, you will find links to workshops on various mental health and wellbeing topics. They are designed to be brief videos to introduce you to the topic, develop your understanding and provide ideas for 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 also be suggestions of where to get extra help, support or advice if needed.

Each presentation has an online evaluation form which we would be grateful if you could complete. It should take you no longer than 2 minutes.

The workshops can be watched using the YouTube links below – these are private videos so can only be access via these links. You can access the whole YouTube Playlist [here](#).

Anxiety 1: What is anxiety?

During this online video, you will learn what anxiety is, and what experiencing anxiety might look like for different people. This is part one of a two-part series on anxiety.

The aims and objectives of this video is to:

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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 19 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Anxiety 2: Strategies to manage anxiety

During this online video, you will be shown some strategies on how you might manage anxiety. This is part two of a two-part series on anxiety.

The aims and objectives of this video is to:

- Consider 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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 24 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Low Mood 1: What is Low mood?

During this online video, you will learn what low mood is, and what experiencing low mood might look like for different people. This is part one of a two-part series on low mood.

The aims and objectives of this video is to:

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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 18 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Low Mood 2: Strategies for managing low mood

During this online video, you will be shown some strategies on how you might manage low mood. This is part two of a two-part series on low mood.

The aims and objectives of this video is to:

- Understand what SMART Goals are and their importance
- Understand what a backup team is and its importance
- Understand what Behavioural activation is and its importance
- Identifying our values and how to shape activities based on our values
- Describe helpful relaxation techniques

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 18 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Anger Management Part 1

During this online video, we hope we will help you understand what anger is, and how experiencing anger might look like for different people. This is part one of a two-part series on anger.

The aims and objectives of this video is to:

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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 20 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Anger Management Part 2

During this online video, we hope we will give you some ideas on how you might manage anger. This is part two of a two-part series on anger.

The aims and objectives of this video is to:

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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 23 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Supporting your wellbeing in the return to school

During this online video, we hope you will learn some strategies on how you might manage your anxiety in returning to school. This video is best watched after our video 'what is anxiety part 1'. This video outlines anxiety in relation to COVID-19 and returning to school and strategies for managing anxiety in this context.

The aims and objectives of this video is to:

- What is anxiety?
- Exploring anxiety surrounding the return to school
- Learn coping strategies such as
 - Worry time
 - Problem-Solving
 - Communicating your worries
 - Planning and Preparing

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 39 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

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.

The aims and objectives of this video is to:

- 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

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 39 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#)

We hope that you find this video helpful.

Supporting self-esteem and self confidence

During this online video, we hope you will learn more about self-esteem, what can affect our self-esteem and confidence and strategies to build and improve upon our self-esteem and confidence.

The aims and objectives of this video is 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
- Signpost to further resources and support

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 17 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#)

We hope that you find this video helpful.

Parent Webinars

We are aware that many young people may experience heightened anxiety, particularly in the current context of the Coronavirus. Although some of this anxiety is normal, we are aware that these feelings may be new and unpleasant. We have therefore, created some webinar presentations to support you as parents, in supporting your child(ren) with understanding anxiety, and some strategies to manage anxiety within the current circumstances of COVID and lockdown in mind.

Each webinar is between 20-30 minutes long and can be paused at any time. We recommend that you begin by watching the 'What is Anxiety?' and 'Strategies to Manage Anxiety' webinars, as these will provide a general understanding, and may be referred to in the other webinar presentations.

Each presentation has an online evaluation form which we would be grateful if you could complete. It should take you no longer than 2 minutes. During these evaluation forms, we ask if you would like to be invited to a live, virtual question and answer session with a CAMHS professional. This Q&A is a chance to ask questions about the content of the webinar and gain further understanding about your child's anxiety and how to access support.

We hope that you find these webinars helpful in supporting you through these difficult times.

The webinars can be watched using the YouTube links below – these are private videos so can only be access via these links. You can access the YouTube Playlist [here](#).

What is Anxiety?

During this online video, you will learn *to recognise and understand the signs, symptoms and triggers of anxiety*. This is part one of a two-part series on anxiety.

The aims and objectives of this video is to:

- Recognise and understand signs and symptoms of anxiety
- Recognise triggers of anxiety in your child and yourself as a parent
- Explain the cycle of anxiety using a CBT model to help us understand how our thoughts, emotions, physical feelings and behaviours keep anxiety going.
- Know where to get help if needed.

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 19 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Strategies for Managing Anxiety

During this online video, you will learn *strategies to manage your child's anxiety*. This is part two of a two-part series on anxiety.

The aims and objectives of this video is to:

- Explain the cycle of anxiety using a CBT model
- Explore useful strategies on how to manage your child's anxiety
- Explore strategies on how to challenge your child's anxious thoughts and behaviours.
- Know where to get help if needed.

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 25 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Anxiety in the context of COVID-19

During this online video, you will learn how to *understand and support your child with anxieties related to COVID-19*.

The aims and objectives of this video is to:

- Introduce anxiety, understand and recognise signs of anxiety and its triggers
- Explain the cycle of anxiety using a CBT model
- Understand anxiety and the Coronavirus
- Explore Top Tips for managing anxiety
- Know where to get help if needed.

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 21 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Transitions to a new school

During this online video, you will learn more about the *importance of transitions and tips on how to prepare and support your child for transitions.*

The aims and objectives of this video is to:

- Introduce anxiety, understand and recognise signs of anxiety and its triggers
- Explain the cycle of anxiety using a CBT model
- Understand anxiety and the Coronavirus
- Explore Top Tips for managing anxiety
- Know where to get help if needed.

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 21 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.

Returning to school following lockdown and COVID-19

During this online video, you will learn *tips on adapting to the new normal, and how to prepare and support your child returning to school*

The aims and objectives of this video is to:

- Explore school closures during covid-19 and lockdown
- Explore emotional wellbeing during lockdown and the experience of loss
- Adapting to the 'new normal' and getting your child ready to return to school
- Recognising anxiety in your child
- Explore Top Tips for managing anxiety about returning to school
- Know where to get help if needed.

You can access the workshop by clicking on this [link](#). Overall the duration of this video is 18 minutes long but we encourage you to stop and pause the video when suggested for reflection.

We ask that to help us evaluate this training you complete the online evaluation form, you can do this via the QR code in the presentation, or via this [link](#):

We hope that you find this video helpful.
