



# WELLBEING WORKSHOPS



## MANAGING YOUR ANXIETY

- What is anxiety?
- What keeps anxiety going?
- Strategies for managing anxiety



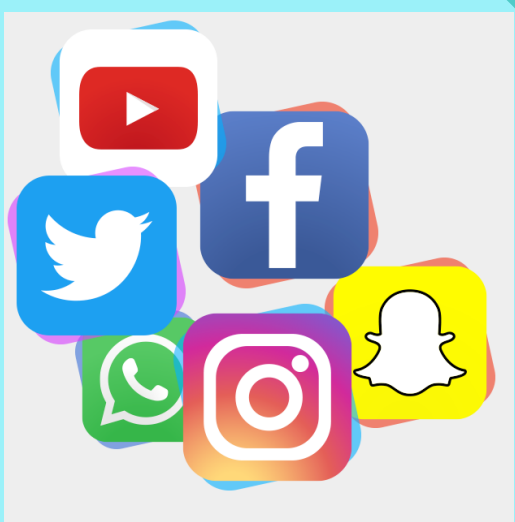
## MANAGING YOUR LOW MOOD

- What is low mood?
- What keeps low mood going?
- Strategies for managing low mood



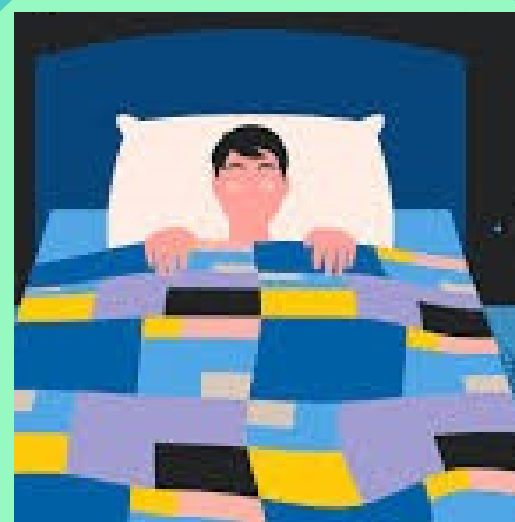
## SUPPORTING YOUR CHILD'S WELLBEING

- What is mental health?
- How can we understand our children's behaviour?
- Strategies for supporting children's mental health



## SOCIAL MEDIA & WELLBEING

- What is social media?
- What are the positive and negative effects of social media?
- Guidelines on staying safe online



## SLEEP & WELLBEING

- Why do we need sleep?
- How does it link to wellbeing?
- How can I get a better night's sleep?



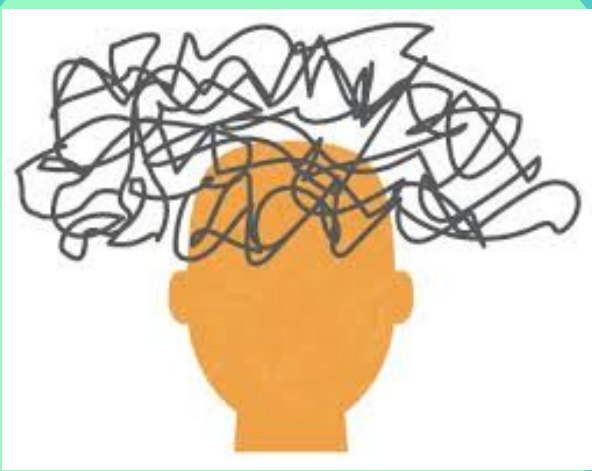
## SELF-CARE

- Why is self-care important?
- What are the barriers to self-care?
- How can I improve and maintain my wellbeing using self-care?



# DATES & SIGN-UP

Below are the dates each of these workshops are running. Each will run at 4PM on Zoom and you can sign up by clicking the date that interests you and completing registration on the Eventbrite website. All our workshops are aimed at young people aged 13-18, except the 'Supporting Your Child's Wellbeing' workshop which is for parents of adolescents. We look forward to seeing you then!



## MANAGING YOUR ANXIETY

- [22nd March 2021](#)
- [24th May 2021](#)
- [5th July 2021](#)



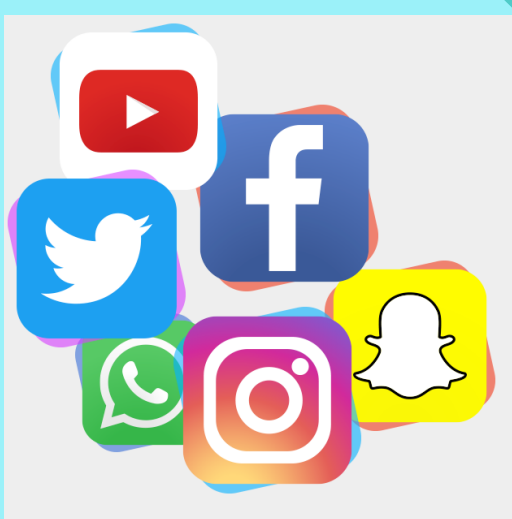
## MANAGING YOUR LOW MOOD

- [15th March 2021](#)
- [17th May 2021](#)
- [28th June 2021](#)



## SUPPORTING YOUR CHILD'S WELLBEING

- [29th March 2021](#)
- [21st June 2021](#)



## SOCIAL MEDIA & WELLBEING

- [10th May 2021](#)
- [12th July 2021](#)



## SLEEP & WELLBEING

- [26th April 2021](#)
- [14th June 2021](#)



## SELF-CARE

- [19th April 2021](#)
- [7th June 2021](#)