

WORRY BUSTER

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

A practical, supportive programme to help young people understand worry, build coping skills, and feel more in control of anxious thoughts.

Week 1: Understanding Worry and the Feelings-Thoughts-Behaviours Cycle

Learn what worry is and how it works in the body and brain and how thoughts feelings and actions are linked.

Week 2: Spotting Unhelpful Thoughts and Reframing Them

Recognise unhelpful or tricky thoughts, and practice turning them into helpful thoughts.

Week 3: Turning New Thoughts into Positive Action

Realise that changing thoughts can lead to improved feelings and actions, practice strategies to manage worry or stress in the moment.

Worry Buster Workshops

A supportive programme designed to help children understand worries and develop calm, confident ways of managing them.

Group 1 : Fridays: 24 July, 31 July & 7 August
Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 14 August, 21 August & 28 August
Time: 11:00am - 12:00pm



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TO REGISTER**

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