



Understanding and Managing Anxiety

Anxiety webinar for young people struggling with physical symptoms and anxious behaviours

This one hour session covers:

What anxiety actually is and where it comes from

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome anxiety



Coping strategies and distraction techniques

Bromley Y practitioners host this free session once a month via Microsoft Teams.

Upcoming sessions



Thurs 16th May @ 4:30pm

Thurs 4th July @ 4:30pm

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



SCAN ME





Managing Anxious Thoughts

Anxiety webinar for young people struggling with thoughts & worries

This one hour session covers:

The role thoughts play in keeping anxiety going

How anxious thoughts impact our mood and behaviours

Why anxious thoughts do not deserve our attention

Coping strategies and techniques to contain worries and what ifs



The difference between worries and problems

Bromley Y practitioners host this free session via Microsoft Teams.

Upcoming session



Sat 1st June @ 10:00am

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



 **SCAN ME**



Tackling Low Mood & Depression

Webinar for young people who are struggling with mood and motivation

This one hour session covers:

Mental and physical symptoms

The impact of low mood and depression

Things that keep us stuck in our low mood

How to balance activities to boost mood and motivation

Strategies to tackle negative thinking patterns



Bromley Y practitioners host this free session via Microsoft Teams.

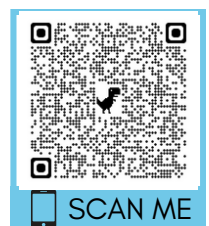
Upcoming session



Mon 20th May @ 4:30pm

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).





Managing Exam Stress

Webinars for Y10-Y13 students

This one hour session covers:

The impact of stress on wellbeing and study habits

What to do about negative thoughts around exams

Practical strategies to stay motivated and manage the panic in exams

Top tips to tackle the study traps of procrastination and perfectionism



Ways of maintaining a healthy balance of activities during revision and exams

Bromley Y practitioners host these free sessions monthly via Microsoft Teams.

**Managing
Exam Stress**



Weds 1st May @ 4:30pm

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).





Wellbeing Webinars

for Young People
Which one is right for me?

Understanding & Managing Anxiety

Struggling with anxiety?

Experiencing physical symptoms such as shallow breathing, nausea or shaking?

Avoiding situations that make you feel anxious?

Managing Anxious Thoughts

Always running through different scenarios in your head?

Do you experience racing thoughts and 'what ifs'?

Do you find yourself going over and over the same worries?

Sign up at our
Eventbrite page



SCAN ME

Managing Academic Stress

Do exams give you anxiety?

Are you struggling with procrastination or perfectionism?

Do you end up feeling run down and overwhelmed when revising?

Tackling Low Mood & Depression

Is your mood lower than usual?

Struggling to find motivation?

Spending more time by yourself due to how you feel?

These free sessions are hosted by Bromley Y practitioners every month outside of school hours on Microsoft Teams to help you look after your mental health and wellbeing.

