BROMLEY Y
Building Strengths

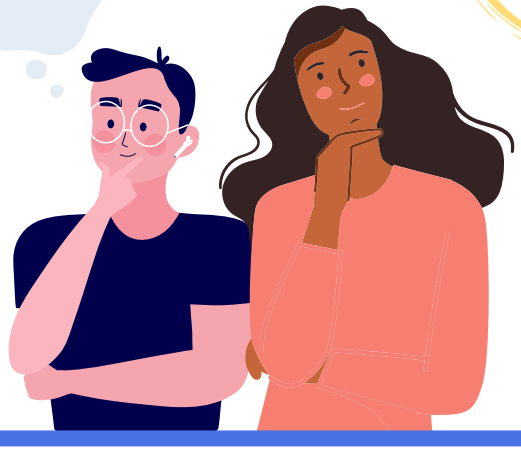
Spring 23

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 on at **4.30pm** via Microsoft Teams.

Upcoming sessions

Tues 17th Jan
Tues 21st Feb
Thurs 30th Mar
Tues 25th Apr

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

BROMLEY Y
Building Strengths

Spring 23

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 once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions

Thurs 9th Feb
Weds 22nd Mar

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

BROMLEY Y
Building Strengths

Spring 23

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 once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions

Wed 1st Feb
Thurs 9th Mar
Thurs 27th Apr

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.

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Building Strengths

Spring 23

Managing Academic 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 this free session via Microsoft Teams.

Healthy Study Habits

Thurs 26th Jan @ 4:30pm
Wed 15th Feb @ 2pm
Tues 14th Mar @ 4:30pm
Thurs 6th Apr @ 11am

Dealing With Exam Stress

Weds 19th April @ 4:30pm
Tues 9th May @ 4:30pm

Special sessions for those about to sit external exams around managing anxious thoughts and feelings

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.

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