

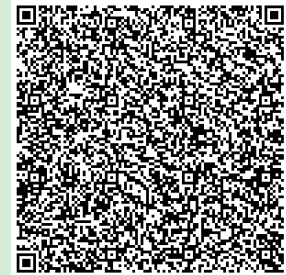
Schools and Colleges Early Support Service

Young person videos

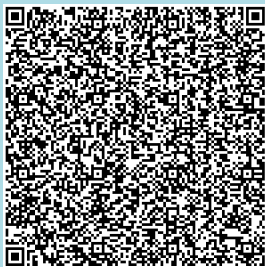


Anxiety

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, however, if anxious feelings don't go away, they can affect our ability to concentrate, spend time with friends and generally enjoy life. This short video will help you to recognise the signs of anxiety and will support you to reduce and manage anxious feelings by using self-care strategies.



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Low mood



We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day-to-day. It can stop us from enjoying the things we normally would. This short video will help you to understand what low mood is, and provides self-care strategies that can be used to look after yourself.



Managing negative thoughts

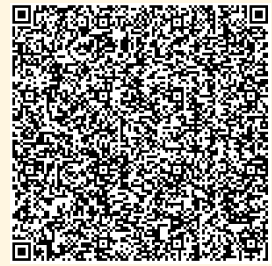
All kinds of thoughts run through our minds, and sometimes they can be quite negative. When struggling with these kinds of thoughts, our emotions and actions may become influenced by the negativity. This short video can help you to recognise and manage negative thoughts, as well as exploring practical tips for building a positive mindset.



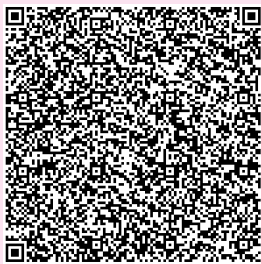
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How to manage rumination

Do you notice yourself ruminating (overthinking) about past or future events? There are many benefits of thinking, however, it can be unhelpful when we ruminate all the time. This short video can help you to identify what rumination looks like and how to develop coping strategies to reduce rumination.



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Peer pressure



Peer pressure means feeling like you have to do something because people around you want you to or expect you to. This short video includes reflections from young people on what peer pressure is and how to spot situations where you might experience pressure. The video also suggests helpful strategies for how to manage pressurised situations.

Getting a good night's sleep

Sleep is an essential part of feeling well and feeling happy, but almost everyone experiences problems sleeping at some time in their life. This short video will help you to consider what might be causing your sleep problems and offer you some tips and strategies to support you in getting a good night's sleep.



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Healthy friendships



Our friendships are an important part of our lives, but it can sometimes be hard to know how to maintain healthy friendships, and what to do when difficulties arise. This short video will briefly explore how to spot signs of healthy and unhealthy friendships, how to manage friendships, and where to go for support if you need it.



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Managing anger



Anger is an emotion we all feel at different times. It can be a natural response to difficult situations, but when we feel angry a lot of the time it can start to have an impact on our day-to-day lives. It can be hard to know how to manage feelings of anger. This short video will help you to think about different types of anger and why we might experience it. We will also suggest some strategies for managing feelings of anger.



Staying well online

Many of us spend time online, and it can be hard sometimes to know how to maintain our wellbeing, manage our time well, and maintain online safety. This short video will provide a number of tips and tricks for staying well online, including how to find a good online and offline balance and the impact of screen time on our sleep. We will also provide signposting if you want further details on how you can protect yourself whilst online.



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Managing feelings of panic

Lots of people experience feelings of panic. When experiencing a panic attack, especially for the first time, we may not know what to do or how to help ourselves. This short video explores what panic is and what might happen during a panic attack. We will also look at different coping strategies that can be used to manage feelings of panic in the moment.





How to reduce exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This short video will help you to find the best ways to manage your stress levels, before, during and after your exams.



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Exam results - managing stress



What happens after your exams? You may feel a sense of relief or begin to question your exam performance. You may start to think about “what happens next?” and “what do I do in the meantime?” This short video will offer some top tips to support your wellbeing as you prepare for results day and manage your feelings after you receive them. We will also provide suggestions for where to go for further support.

Transition to university - preparing for endings and new beginnings

The move from secondary school or college into higher education or university can feel both exciting and scary. This short video explores top tips to help you manage your wellbeing in the first few weeks of university, what you might want to consider and what you might expect during this time of change.



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