Webinars to support your mental health

How to manage exam stress

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

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How to manage my low mood

We all experience low mood in different ways. It can not only impact upon how you feel but it can also affect how you live your life day to day. It can stop you from enjoying the things you normally would. This webinar will help you to understand what low mood is, help you to spot the signs of low mood and support you to look after yourself by using self-care strategies.

How to manage my 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 interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help you to recognise the signs of anxiety and understand how anxiety impacts on our thoughts, feelings and behaviours. The webinar will also support you to reduce and manage anxious feelings by using self-care strategies.

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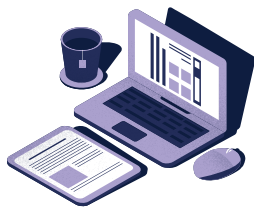
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Managing your wellbeing when transitioning to university

The move from secondary school or college into higher education and university can feel both exciting and scary. This webinar will explore top tips to help you to manage your wellbeing in the first few weeks of university, what you might want to consider and what you might expect during this transition period. Further resources will be shared on how you might seek further support around your wellbeing if needed.

Anna Freud
building the mental wellbeing of the next generation

mind