

Workshop for young people: What is anxiety?

Ealing Mental Health Support Team

Would you like to understand more about worries, **anxiety and your emotions** and some strategies on **how to manage these feelings**? We will share a range of strategies that you can make use of, like **challenging unhelpful thoughts, positive thinking and relaxation techniques**. These strategies can help you build a toolbox to manage worries and anxieties when they occur.

Who?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

What?

We are offering a workshop providing information for secondary school students to help **understand and manage anxiety and worries**.

When?

The workshop will take place on **Thursday the 17th of November at 16:00** via **Microsoft Teams** video conferencing software. The workshop will last one hour with a 45-minute presentation followed by 15 minutes for questions.

How?

Please sign up for the workshop by clicking the link below:

<https://www.surveymonkey.co.uk/r/9JML9MK>

please copy and paste the link to your browser to access the sign up file.

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 385 754 437 236

Passcode: b2sL6Z

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