

Psychoeducation Presentation Blurbs

Mindfulness – Primary & SEND

A power point, discussion topics and activity sheets to encourage ways to manage feelings that become overwhelming, helping to lower physical symptoms, improve thought processes and install a sense of calmness. Helping young people learn strategies that can help them throughout life.

Worry – Primary

A power point, discussion topics and activity sheet to support young people to recognise when they are worried, what causes worries, how the worries might affect them physically and what they can do when they feel worried.

Exam Stress – Secondary

The exam stress psychoeducation presentation is designed to be delivered to Secondary School age young people who may be leading up to and just about to complete either the Mock Exams or GCSE Exams. The presentation aims to normalise the feeling of stress during exam periods, explore how stress can affect our mental health, as well as provide pro-active and realistic revision tips. The presentation finishes off with a discussion around the importance of relaxation and maintaining a positive work-life balance. This presentation also includes some helpful tips of parents.

Self Esteem – 9 – 13 (Middle)

Self Esteem is something that can impact children and young people of all ages. This presentation is aimed at those between the ages of 9-13 in an attempt to promote healthy self-esteem early. The presentation explores the difference between and the contributing factors of healthy and low self-esteem, as well as providing simple but effective ways to improve your self-esteem levels. The presentation is interactive and can include parents and carers, as well as teachers and support staff.

Mindful Breathing – Secondary

Mindful Breathing is a simple, yet super effective coping strategy for times of anxiety or stress. This presentation is aimed to educate and enthuse Secondary School age young people about the body's physical responses to anxiety and stress and how mindful breathing can quickly and effectively re-balance the mind and body. The presentation is interactive and provides opportunities to practice various breathing techniques as well guiding young people to trusted and NHS recommended apps and websites to download on their devices.

Sleep Hygiene – Secondary

Sleep Hygiene is a term used to encourage and determine the quality and quantity of your sleep. This presentation explores the difference between healthy and unhealthy sleep hygiene routines and behaviours and how these can affect young people's mental health and general wellbeing. Aimed to be delivered to Secondary School age young people, the presentation discusses the environmental and biological factors that may impact on the sleep quality of this age range, whilst also providing tips and ideas on how to wind down and enjoy a restful night.

Resilience

This Resilience psychoeducation presentation is intended to be used with children aged 9-13. This presentation aims to develop the young person's knowledge and understanding of 'resilience' and promote positive wellbeing. Young people will be encouraged to identify common challenges they may encounter, explore how these challenges affect us emotionally and physically and learn how to strengthen resilience, using the 5 ways to wellbeing.

Low mood

This psychoeducation presentation on Low Mood is intended to be used with children aged 9-13. The aim is to support young people to identify the signs and symptoms of low mood and understand how thoughts, feeling and behaviours are connected. We use the 5 ways of wellbeing to demonstrate how to improve mood and increase motivation. The presentation is interactive and encourages discussion.

Self-harm

This self-harm psychoeducation presentation is intended to be used with adults/parents. The aim is to offer a greater understanding of the nature and prevalence of self-harm. It identifies the warning signs and offers helpful techniques and advice to parents.