

Why Group Work?

Emotional wellbeing is about being happy confident and having a good support around you.

Evidence suggests that group work is better at tackling emotional wellbeing concerns in young people than 1:1 work. Groups can be a helpful way to share your thoughts and feelings with other young people.

This group aims to help give you some new ways to cope with your feelings and move closer towards happiness.

Home Practice

Home practice is one of the most important parts in helping you get better. As with any new skill you need to practice in order to get better. The more you practice looking after your wellbeing, the easier it will be.

You will be given several home practice activities to complete throughout the weeks. It is key that these are completed to gain a better understanding of your new skills. You may need support or prompting to complete these activities, which your parent/carer/teacher could help provide.

Useful Links & Apps

ChildLine: 0800 1111

Samaritans: 116 123

KOOTH.com (Online Counselling)



Healthy Minds Emotional Wellbeing Pathway:

www.lincolnshire.gov.uk/ewb

Mood Juice:

<http://www.moodjuice.scot.nhs.uk/>

Young Minds: <https://youngminds.org.uk/>

CalmHarm App

STOPP App

What's Up?

Headspace Relaxation App



Healthy Minds Lincolnshire



Guide to Anxiety Group

What is Anxiety?

Anxiety is a very normal emotion which affects everyone at different times. It can be a natural stress reaction to things such as change and worry in times of uncertainty. Anxiety is experienced differently by each individual, but it can often be managed by understanding your emotions and physical changes. With the support of others the feelings are often reduced.

If you are struggling with anxiety, it is important to know you are not alone. Healthy Minds is an emotional wellbeing service, which aims to promote resilience, normalise emotions and teach positive coping skills, through work with young people in schools.



Session Structure

Pre Group Meet and Greet (45 Mins)

For Parents and Young Person

- Introductions
- Group Rules
- Outline of confidentiality
- Introduction and information on home practice
- Parent pack
- Care plan

Session One (2 Hours) For Young person

- Education around Anxiety
- Introduction into how our thoughts, feelings physical sensations and behaviours effect each other (5 Areas Model).
- What is Flight, Fight, Freeze?
- Relaxation
- Home practice

Session Two (2 Hours) For Young person

- Reflect on home practice
- Activity exploring 'what is worry?'
- Is worry helpful?
- Activity around different types of worry.
- Exploring the use of the worry tree and worry time.
- Home practice

Session Three (2 Hours)

For Parents and Education Staff

- Learning about anxiety and worry
- Exploring how to contain our own worries
- Understanding actual and hypothetical worries
- How to support worry time
- Negotiating giving up safety behaviours
- Implementing rewards for brave behaviour
- Understanding wellness

Session Four (2 Hours) For Young person

- Reflect on home practice
- Introduction into problem solving.
- Exploring what doesn't help (safety behaviours).
- Activity— Learning new coping skills.
- Home practice

Session Five (2 Hours) For Young person

- Reflect on home practice
- Hierarchy Ladder
- Introduction into graded exposure.
- Task—The ladder of achievement.
- Home Practice

Session Six (2 Hours) For Young person

- Reflect on home practice
- Revisit problem solving
- Sleep Hygiene
- Food and Diet
- Relaxation techniques
- Review of care plan
- Maintenance plan
- Evaluation