

MIND

TALK

Anxiety



Hello!

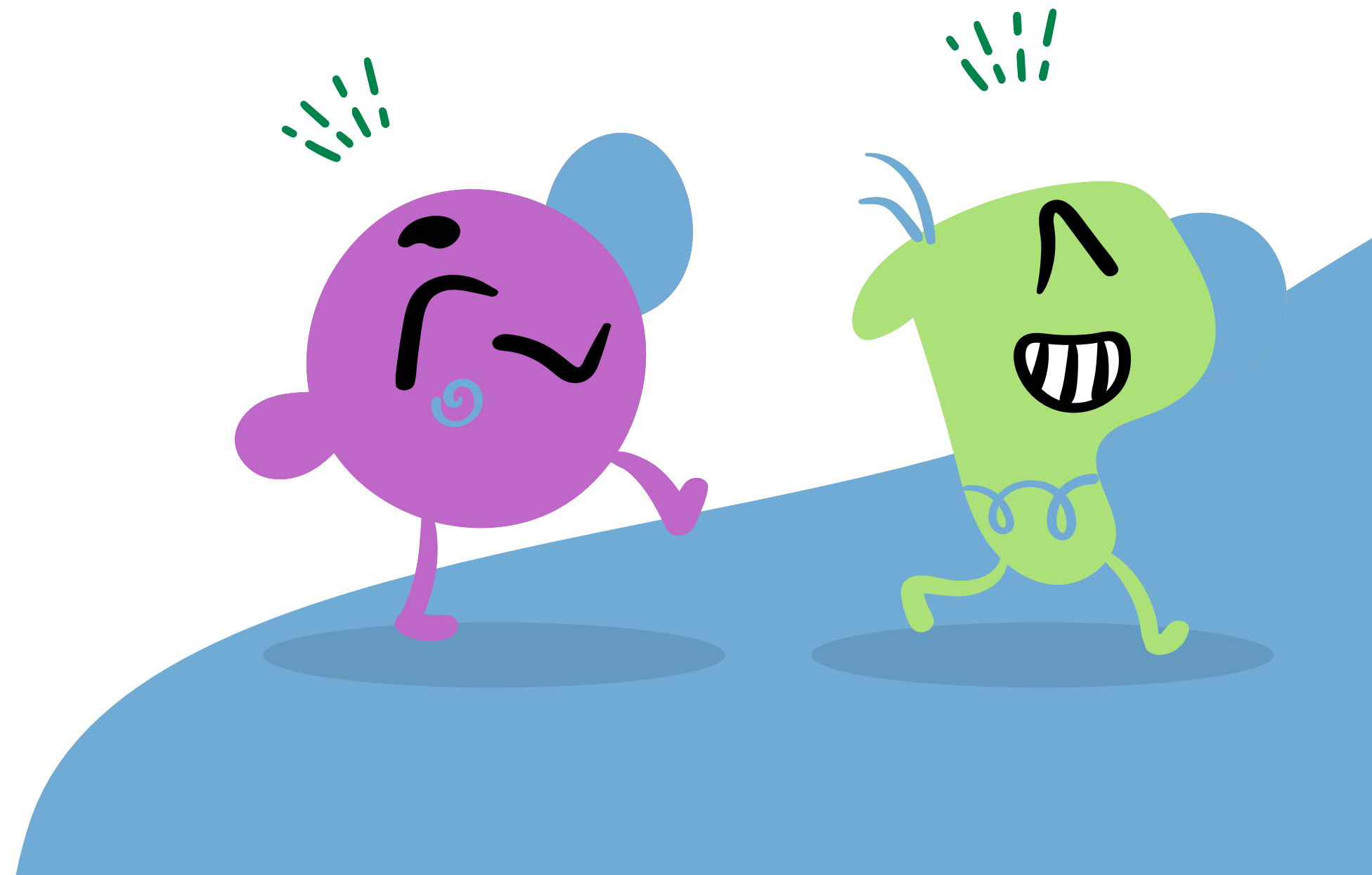
Hope everyone's doing great.



What is the mindtalk programme?

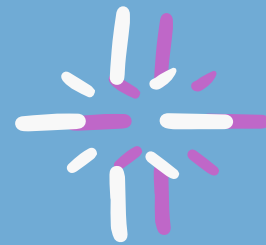
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





Anxiety

“There comes a day when you realise turning the page is the best feeling in the world, because you realise there’s so much more to the book than the page you were stuck on”

Zayn Malik

Click the pic to watch a useful vid



Big Question

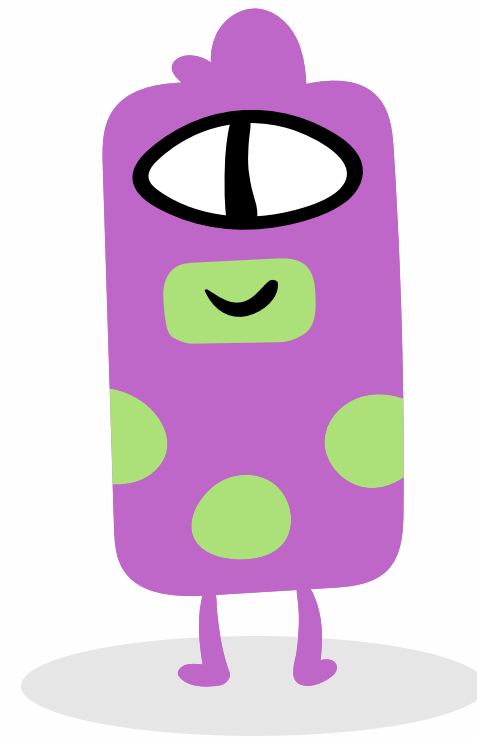
Why is ANXIETY so closely linked with mental health?



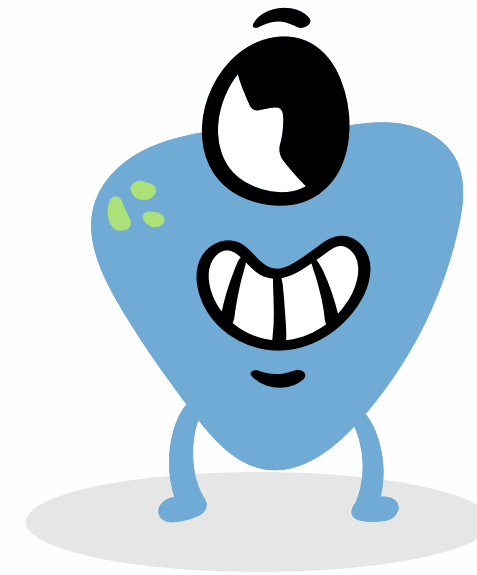
Talking points



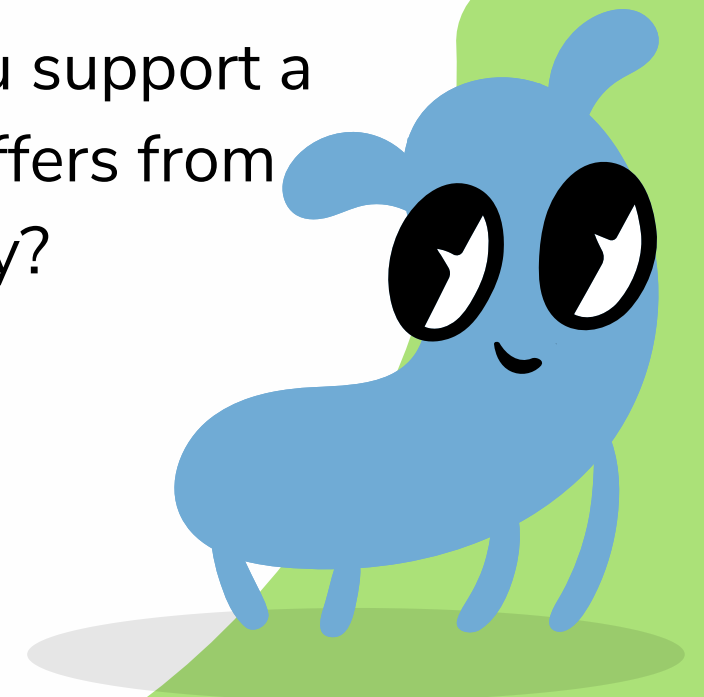
What is anxiety?

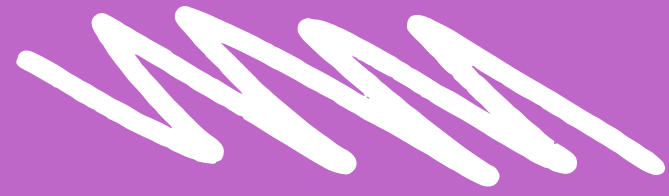


They are just looking for attention



How would you support a friend who suffers from anxiety?





Rise Above is where you will find interesting and useful stuff to get us all talking about the things that matter to us. Click the pic to watch the vid!

Where do we go from here?

Anxiety is our body's natural alarm that tells us when we're in danger. It can protect you from harm. But it can also happen for no obvious reason.

5 things that can make us anxious:

- 1.Exams
- 2.Speaking in public
- 3.Going to school
- 4.Staying at a friend's house
- 5.Trying new things

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you
can go to your form tutor/
head of year if you need extra
support, or even if you just
need to talk.

