

# Understanding and Managing Anxiety

**Anxiety webinar for young people struggling with physical symptoms and anxious behaviours**

**This one hour session covers:**

What anxiety actually is and where it comes from

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome anxiety



Coping strategies and distraction techniques

Bromley Y practitioners host this free session once a month on at **4.30pm** via Microsoft Teams.

**Upcoming sessions**



Tues 17th Jan  
Tues 21st Feb

Thurs 30th Mar  
Tues 25th Apr

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

**Book your place on the [Bromley Y Eventbrite Page](#).**



SCAN ME

# Managing Anxious Thoughts

Anxiety webinar for young people struggling with thoughts & worries

This one hour session covers:

The role thoughts play in keeping anxiety going

How anxious thoughts impact our mood and behaviours

Why anxious thoughts do not deserve our attention

Coping strategies and techniques to contain worries and what ifs



The difference between worries and problems

Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

**Upcoming sessions**



Thurs 9th Feb  
Weds 22nd Mar

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

**Book your place on the [Bromley Y Eventbrite Page](#).**



SCAN ME



# Tackling Low Mood & Depression

Webinar for young people who are struggling with mood and motivation

This one hour session covers:

Mental and physical symptoms

The impact of low mood and depression

Things that keep us stuck in our low mood

How to balance activities to boost mood and motivation

Strategies to tackle negative thinking patterns



Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

**Upcoming sessions**



Wed 1st Feb  
Thurs 9th Mar  
Thurs 27th Apr

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



# Managing Academic Stress

## Webinars for Y10-Y13 students

**This one hour session covers:**

The impact of stress on wellbeing and study habits

What to do about negative thoughts around exams

Practical strategies to stay motivated and manage the panic in exams

Top tips to tackle the study traps of procrastination and perfectionism



Ways of maintaining a healthy balance of activities during revision and exams

Bromley Y practitioners host this free session via Microsoft Teams.

### Healthy Study Habits

Thurs 26th Jan @ 4:30pm  
Wed 15th Feb @ 2pm  
Tues 14th Mar @ 4:30pm  
Thurs 6th Apr @ 11am



### Dealing With Exam Stress

Weds 19th April @ 4:30pm  
Tues 9th May @ 4:30pm  
*Special sessions for those about to sit external exams around managing anxious thoughts and feelings*

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

**Book your place on the [Bromley Y Eventbrite Page](#).**



SCAN ME