



**BROMLEY Y**  
Building Strengths

# 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 **Wednesdays at 4.30pm** via Microsoft Teams.

**Upcoming sessions**



16th March  
6th April  
4th May

8th June  
6th July

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](#).**



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# 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 10th March  
Tues 12th April  
Thurs 19th May

Tues 14th June  
Thurs 14th July

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

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# 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**



Tues 22nd March  
Tues 26th April  
Thurs 26th May

Tues 28th June  
Thurs 28th July

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

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# Managing Academic Stress: Developing Healthy Study Habits

**Webinar for Y10-Y13 students**

**This one hour session covers:**

The impact of stress on wellbeing and study habits

What stress actually is and its link with anxiety

Practical strategies to structure revision and stay motivated

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.

**Upcoming sessions**



Tues 15th March  
Tues 12th April  
Thurs 12th May

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](#).**



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# Wellbeing Webinars

## Which one is right for me?

Struggling with anxiety?

Experiencing physical symptoms such as shallow breathing, nausea or shaking?

Avoiding situations that make you feel anxious?

### Understanding & Managing Anxiety

Always running through different scenarios in your head?

Do you experience racing thoughts and 'what if's'?

Do you find yourself going over and over the same worries?

### Managing Anxious Thoughts

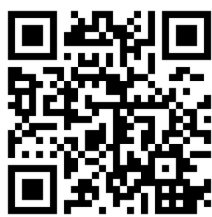
### Managing Academic Stress

Do exams give you anxiety?

Are you struggling with procrastination or perfectionism?

Do you end up feeling run down and overwhelmed when revising?

Sign up at our Eventbrite page



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### Tackling Low Mood & Depression

Is your mood lower than usual?

Struggling to find motivation?

Spending more time by yourself due to how you feel?

**These free sessions are hosted by Bromley Y practitioners every month at 4.30pm on Teams to help you look after your mental health and wellbeing.**

If you have questions about any of these topics or would like some advice around your mental health or wellbeing, you can text with one of our practitioners via **The Signpost**.



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