

**STRESS HEAD**

**PROMOTING POSITIVE MENTAL  
HEALTH IN YOUNG PEOPLE  
WORKSHOPS**

# STRESS HEAD WORKSHOPS



## STRESS HEAD WORKSHOPS

Stress head workshops have been created to provide young people with a better understanding of some of the most common mental health conditions that they may experience themselves or may know someone who has.

The workshops also offer support and guidance on how to maintain a healthy mind as well as being more equipped to respond to their own mental health.



## Workshop Outline

The workshops will cover a vast range of areas of which some are listed below:

- Stress and its effect on the body
- Understanding anxiety and depression and how they differ
- Understanding related mental health disorders and conditions
- Understanding ADHD, Autism and what it means to have an EHCP
- How to maintain positive mental health
- Recognising personal triggers
- Mindfulness exercises and techniques
- Emotional self-regulation
- Trauma and the brain
- How to communicate and build positive relationships with other people

## Delivery of Workshops

Workshops run for 5 hours in total.

5 x 1.5 hour sessions delivered over a 5 week period.

Maximum of 12 participants per programme.

Delivered in-house in a safe space at your school.

Workshops delivered by facilitators who have over 20 years of experience of working with young people who have experienced problems with their mental health.

Certificate of participation and Managing My Emotions Self-Awareness Booklet.

Stress Head workshops have been developed to help young people have a better understanding of their mental health and to help them to understand some of the mental health terms that they may have heard about or experienced or that they may encounter in the future.

During the 5 weeks we will cover areas such as:

→ **Stress, anxiety, depression and how they affect your body**

→ **Trauma, causes and reasons**


→ **Recognising and understanding personal triggers**

→ **Emotions and self regulation**

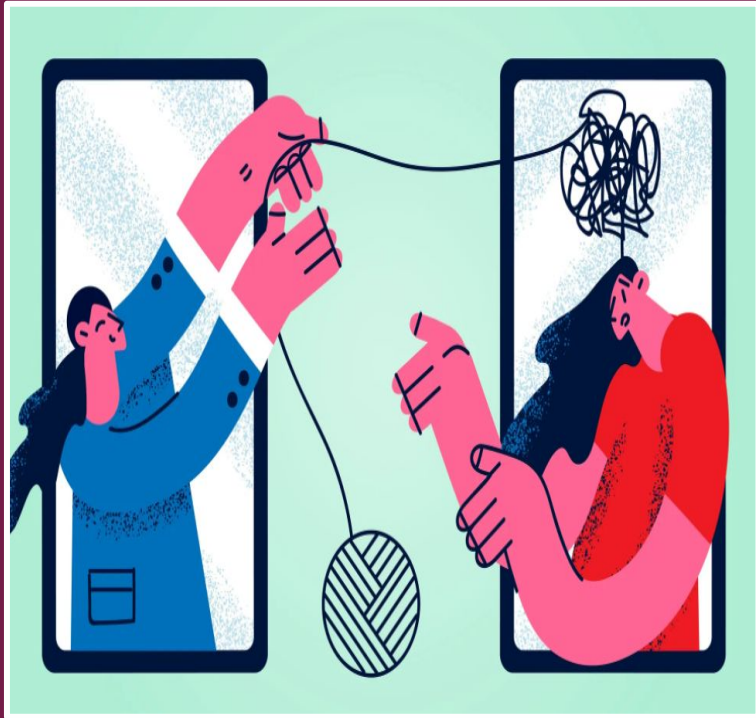
→ **Support and managing mental health conditions**

→ **Sustaining positive mental health**



An illustration on a dark blue background. A large, stylized orange hand with simple line details for fingers and palm is reaching down from the top left. In the bottom right, a person with long dark hair, wearing a blue long-sleeved shirt and white pants, is sitting on the floor with their back to the viewer, hunched over with their arms crossed in front of them, suggesting a state of distress or exhaustion.

Sometimes the thing a young person needs most has nothing to do with what's on the lesson plan.



For further information please contact:  
Noreen Khan on:



07380292211 / 07380484818



[noreen@includedlearning.co.uk](mailto:noreen@includedlearning.co.uk)



[www.includedlearning.co.uk](http://www.includedlearning.co.uk)

