



Visyon Practical Strategies Webinars Watch Again

Our Practical Strategies Webinars are intended for you to find out information and ideas about managing some of the “*uncomfortable*” emotions which we all experience and which are so common during the teenage years.

They are open to young people aged 11+. If you have missed the live webinar or would like to recap then *please follow the links* below which will allow you to watch the recorded session.

Follow this link to access any resources from the session:

https://www.dropbox.com/sh/1g8wjmgqj1k5if6/AADjP3_8RlpeYRTV7Y5k1TkRa?dl=0

Why do I feel so anxious?

<https://us02web.zoom.us/rec/share/dmpkvogE-eekBTE1SWTBqEoJ5bJdf7WA2CK-OelMnK2A7sOmQ96DajgQ4n-Yllkd.Qb238W9OyOqYOpXV?startTime=1635957243000>

How do I manage my anxiety?

https://us02web.zoom.us/rec/share/j0ILGYjXXxFFs-WbEOgO2s_exAKYmfePnu-Xu0x9yH8eVAxrvQfmvzNevw6hmt53.2r76bzDSOG4YoKsK?startTime=1615998769000

Why do I feel so angry?

https://us02web.zoom.us/rec/share/8AZSEnIvmJDd9Cu8m_m29b_TtcE4HOUAsZRxJEoFvyRDp88E_7lGai90jffqCgzf.JeRX-NIWBtsRIAUp?startTime=1637771401000

How can I manage my anger in different ways?

https://us02web.zoom.us/rec/share/82oi00U9DveyouX56IFPK9GQT8MaWqVPpIHwzmUh7QNE487TffwYqhKnwM7v3Bc.Taz6Vj7D985Q_T8P?startTime=1626276589000

Self-Esteem

https://us02web.zoom.us/rec/share/9n573XvYvGack-MYcENIDbuE81_e97dOLatP3teXZk020729xSE4PiXcjzcgQdKx.YSYoqySoD2nnG3Rm?startTime=1619624107000

Understanding the Teenage Brain

<https://us02web.zoom.us/rec/share/dYfwkPGVmFVj0juleq0l2zjh5PbF5O-u-t7aDRgp1GvWlzVC1zSSfR9YkYMeB2-8.sX8-Gd-x17zuCS8Y?startTime=1634049801000>

Introduction to First Aid for Mental Health

https://us02web.zoom.us/rec/share/aOW0_TldDuYKCa2zFBRTUyTXzFvS5EJ8cANhhPrILCO4XsNGWtK UaxeFH0xNgilC.QnjfuTVuh2wS2ovj?startTime=1633534578000

School Stress

<https://us02web.zoom.us/rec/share/NTVJ8q9N9B10G5mlxWPQAYRRx0tzz8o7VEmk-CXHE6ZUWZ0OxWulb1E3AQ6lsptT.BICXcsHU1K5Qkfq?startTime=1619019154000>

Sleep

<https://us02web.zoom.us/rec/share/NjtCDxBMcITQ9ACypBL7Bvaqj0-dNxZdq3dodoKmZFyG73QqjT8O3zOrERoKxqb.LrV5ojCj64IPdPgd?startTime=1639585690000>

If you are interested in finding out about other ways in which Visyon might be able to support you, please visit www.visyon.org.uk.