





Concern	Support Resource	Blurb
Anxiety	<p>Tapping Technique –</p> <p>1. Fingerhold Practice for Managing Emotions & Stress Final (nationalcenterdvtraumamh.org)</p> <p>2. All About Tapping (EFT) for Anxiety The WELL (the-well.com)</p> <p>3. Finger Tapping for INSTANT RELAXATION! (EFT, Emotional Freedom Technique HappiMe App) - YouTube</p>	<p>1. This handout uses mind-body, breathing, and movement practices to promote wellness and manage stress. The fingerhold technique aims to reduce anxiety.</p> <p>2. Tapping can help manage stress, reduce cortisol levels, and improve anxiety. Tapping is a gentle and easy-to-follow technique, anyone struggling with stress, anxiety or pain can benefit from it.</p> <p>3. A Youtube tutorial on finger tapping for instant relaxation.</p>
Anxiety	<p>Worry Sheet -  worry-exploration-questions.docx</p>	<p>The worry sheet helps to logically think through what you are worried about to help you manage expectations and reduce anxiety.</p>
Anxiety	<p>Mind - Anxiety and panic attacks - Mind</p>	<p>Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.</p>

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Anxiety	<p>1. Breathing exercises - https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/</p> <p>2. Box breathing – Box Breathing Techniques and Benefits (verywellmind.com)</p>	<p>1. This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. You will get the most benefit if you do it regularly, as part of your daily routine.</p> <p>2. Explains how box breathing works</p>
Motivation/ Depression	<p> goal-exploration.pdf</p> <p>Setting goals – 1.</p> <p> goal-breakdown.pdf</p> <p>2.</p>	<p>1. Setting mindful goals can give your life a sense of direction and purpose. This activity helps you set goal, starting with the big picture (5 years) and working down to smaller goals (1 month)</p> <p>2. This activity helps break goals down to smaller more manageable tasks.</p>
Depression/ Low mood	<p>Mood Tracker – 1. Moodily - Mood Tracker, Depression Support – Apps on Google Play</p> <p>2. Moody: Mood Tracker & Journal on the App Store (apple.com)</p>	<p>1. Mood tracker app for Android</p> <p>2. Mood tracker app for Apple</p> <p>Both help you track your mood and compare and analyse how you are feeling.</p>
Depression	<p>Mind - https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/</p>	<p>Information about depression, its symptoms and possible causes, and how you can access treatment and support. Includes tips on caring for yourself, and guidance for friends and family.</p>



Stress	Dealing with stress -  stress-exploration.pdf	This handout helps you identify what stressors you have and puts them into perspective.
Stress	Stress Container – 1. https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4 2. The Stress Container A Helpful Model To Help Manage Stress & Support Mental Health. - YouTube	A video explaining the stress container, allows learners to reflect on their issues overall and unpick each one to address them.
Loneliness/ Cost of living	Red Cross Toolkit Get help British Red Cross	Has useful information to cope with loneliness and building resilience. Has an activity included called 'Circles of Control' to help individuals reflect on the things they can and cannot control and how to manage it. includes mindfulness activities. Tips on confidently making decisions and problem solving. Tips for connecting with your community and connecting with others confidently and reflection skills.
Diet	Tips for maintaining a good diet - 8 tips for healthy eating - NHS (www.nhs.uk)	Tips on keeping a healthy diet and making healthier decisions.
Sleep	Sleep Hygiene – 1. https://www.risescience.com/blog/how-to-sleep-early 2. Why am I tired all the time? - NHS (www.nhs.uk)	1. Information about how to improve your sleeping pattern and help falling asleep. 2. What may be contributing to your tiredness – identify the problem.



Debt/ Finance	Step Change - http://www.stepchange.org/Howwecanhelpyou/Debtadvice.aspx	Advice on how to deal with your debts and get the support you need. You can get advice online or over the phone at a time that suits you, and after we've looked at your budget, we'll recommend a range of practical debt solutions based on your situation.
Debt/ Finance	Citizens Advice Bureau – 1. https://www.citizensadvice.org.uk/benefits/ 2. Debt and money - Citizens Advice	1. advice and help with budgeting your finances 2. Information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.
Cost of living/ finance	UK Finance - Homepage UK Finance	Information on the different types of cards and financial policy guidance
Bank accounts	Compare the market - Current Accounts Switch Bank Accounts Comparethemarket	Compare the latest deals on current accounts from a range of leading providers See if you can benefit from better interest rates and other rewards by switching