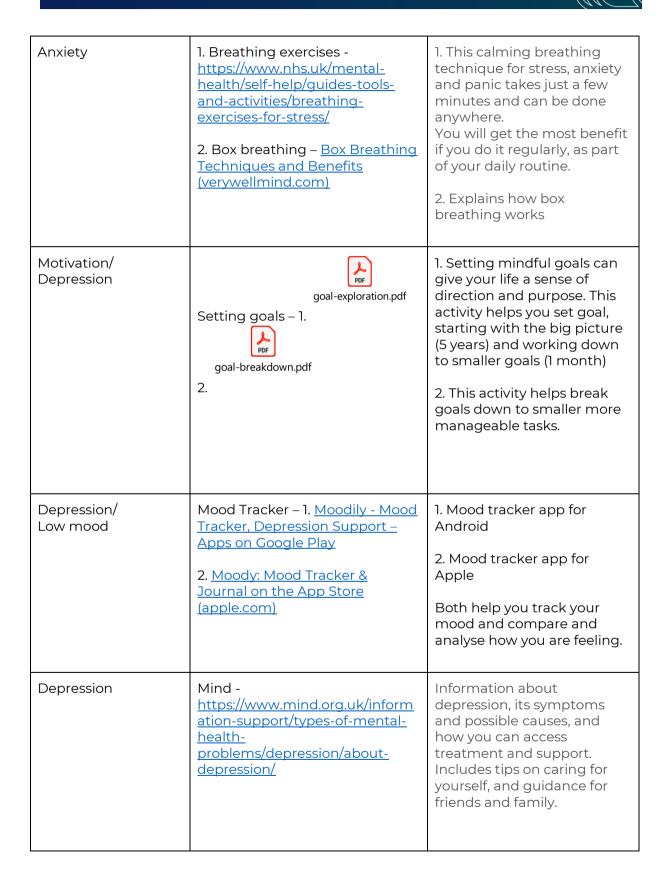


Concern	Support Resource	Blurb
Anxiety	Tapping Technique –         1. Fingerhold Practice for         Managing Emotions & Stress         Final         (nationalcenterdvtraumamh.org)         2. All About Tapping (EFT) for         Anxiety   The WELL (the-         well.com)         3. Finger Tapping for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

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Stress	Dealing with stress -	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 <u>Get help  </u> <u>British Red Cross</u>	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 - <u>8 tips for healthy eating - NHS</u> (www.nhs.uk)	Tips on keeping a healthy diet and making healthier decisions.
Sleep	Sleep Hygiene – 1. https://www.risescience.com/blo g/how-to-sleep-early 2. Why am I tired all the time? - NHS (www.nhs.uk)	<ol> <li>Information about how to improve your sleeping pattern and help falling asleep.</li> <li>What may be contributing to your tiredness – identify the problem.</li> </ol>



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