

# Managing Your Own Emotional Wellbeing (For Adolescents)



## Who is this workshop for?

Young people aged 11 – 16 who would like to be able to better manage their emotional wellbeing

Parents who would like to support their adolescents

## What will be covered?

- What are emotions and why do we have them?
- The teen brain
- The Fight, Flight and Freeze Response
- Recognising, Labelling and Normalising Emotions
- General Emotional Regulation Strategies
- Specific Emotional Regulation Tips for Anger, Anxiety and Feelings of Sadness
- Additional resources



## What will I learn?

- How our brains are linked with emotion and how thoughts, feelings and behaviours interact
- Strategies to support you to recognise, label and regulate emotions and maintain general wellbeing
- How to effectively problem solve and manage your thoughts

## Dates

All workshops are via MS Teams



Thursday 23<sup>rd</sup> September 2021

6pm – 8pm

<https://www.eventbrite.co.uk/e/emotional-wellbeing-workshop-for-young-people-11-16-tickets-166657941389>



Monday 25<sup>th</sup> October 2021

12pm – 2pm

<https://www.eventbrite.co.uk/e/emotional-wellbeing-workshop-for-young-people-11-16-tickets-166659415799>



Wednesday 24<sup>th</sup> November 2021

6pm – 8pm

<https://www.eventbrite.co.uk/e/emotional-wellbeing-workshop-for-young-people-11-16-tickets-166661229223>