

At Healthy Minds we have been working on some resources to support your children and young people as well as parents/carers and professionals which we hope you will find useful.  Below you will find more information about:

* Online managing worries and anxious feelings workshop- 40 minute long workshop for Primary and Secondary aged children: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>
* Relaxation and mindfulness videos- each around 2 minutes long for children/young people, parents/carers or professionals: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

Online ‘Managing worries and anxious feelings’ workshop

On the link below you will find a recorded anxiety workshop that is appropriate for both Primary and Secondary aged pupils.  We recommend that Primary aged children are supported by their Parents/carers/responsible adult to access this as they might need some help to understand or complete the activities.  The workshop contains positive, supportive strategies that would be delivered to a group of children that are either experiencing some low level worries/anxieties or to provide education and support about some supportive strategies that are just good to know anyway on a day to day basis to help us to understand ourselves more and process our feelings.

On the link if you scroll to near the bottom of the page you will find the workshop.  There are links to supporting workbooks for Primary and Secondary aged children to use alongside the workshop which are just about the video.  There is also a parent pack to download under the video with advice and support for parents and carers.  Please see the link below for the online anxiety workshop:

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

Relaxation and Mindfulness

On the same link: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself> if you scroll down you will see lots of helpful information.  If you click on the relaxation and self-soothing tab you will find some short relaxation videos which are around two minutes long. These can be used by not only children and young people, but family/carers and professionals who may be struggling and need some support :

* square breathing
* finger breathing
* colour breathing
* my happy place exercise
* progressive muscle relaxation