

ADOLESCENT GUIDED SELF HELP: **LOW MOOD**

WHO IS IT FOR?

- STUDENTS IN YEAR'S 7 - 13
- LOW - MODERATE LEVELS OF LOW MOOD E.G. STRUGGLES WITH MOTIVATION, LOW ENERGY LEVELS, ISOLATING FROM THOSE AROUND YOU, LACK OF ENJOYMENT OF USUAL ACTIVITIES

AIMS OF THE INTERVENTION:

- TO IDENTIFY THEIR VALUES & INTERESTS AND INCORPORATE THESE INTO THEIR DAILY LIFE
- TO RE-INTRODUCE ACTIVITIES THEY MAY HAVE ENJOYED PRIOR TO EXPERIENCING LOW MOOD
- TO WORK ON IMPROVING EATING AND/OR SLEEPING ROUTINES

OVERVIEW OF INTERVENTION

- MEET FACE TO FACE WEEKLY FOR 6 - 8 WEEKS
- SESSIONS CAN BE VIRTUAL OVER SCHOOL HOLIDAYS
- SETTING GOALS TO WORK TOWARDS
- GUIDED SELF HELP - INCLUDING IN-BETWEEN SESSION

TASKS TO HELP YOU ACHIEVE YOUR GOALS

- EXPLORE THEMES SUCH AS:

- ROUTINES
- SLEEP HYGIENE
- RUMINATION
- VALUES & INTERESTS
- PROBLEM SOLVING



ADOLESCENT GUIDED SELF HELP: **ANXIETY**

WHO IS IT FOR?

- STUDENTS IN YEAR'S 7 - 13
- LOW - MODERATE LEVELS OF ANXIETY E.G. FEARS, PHOBIAS, FEELING PANICKY

AIMS OF THE INTERVENTION:

- TO SUPPORT YOUNG PEOPLE TO FACE SITUATIONS THEY MAY BE AVOIDING DUE TO ANXIETY
- TO BUILD AWARENESS OF PHYSICAL RESPONSES TO ANXIETY
- TO FIND COPING STRATEGIES TO SUPPORT YOUNG PEOPLE WITH THE PHYSICAL RESPONSES TO ANXIETY
- TO FIND WAYS TO MANAGE FUTURE STRUGGLES

OVERVIEW OF INTERVENTION

- MEET FACE TO FACE WEEKLY FOR 6 - 8 WEEKS
- SESSIONS CAN BE VIRTUAL OVER SCHOOL HOLIDAYS
- SETTING GOALS TO WORK TOWARDS
- GUIDED SELF HELP - INCLUDING IN-BETWEEN SESSION TASKS TO HELP YOU ACHIEVE YOUR GOALS
- EXPLORE THEMES SUCH AS:
 - HOW ANXIETY DEVELOPS AND IS MAINTAINED
 - HOW I EXPERIENCE ANXIETY
 - COPING TECHNIQUES
 - 'FACING YOUR FEARS' PLAN
 - PROBLEM SOLVING

