

MENTAL AND EMOTIONAL WELLBEING: ENGAGING YOUNG PEOPLE IN PLANNING PROVISION

SESSIONS 1: EXERCISE ON WORRIES

INDEX CARD TRIGGER LIST

Sleep

Talking to friends

Adults you can talk to

Friends

Healthy eating

Social media

Activities / interests

Counselling

Lessons about mental health

Quiet places

Going out

Pets

Music

Being outdoors

Being on your own

TV

Retail therapy

Religion