

Video list

Videos for Teenagers

TITLE	DESCRIPTION	LENGTH OF TIME	CATEGORY	TARGET AUDIENCE	LINK
Managing Anxiety in Your Teens	This video is a webinar aimed at teenagers. We look at how anxiety is experienced in the body and how our anxious thoughts and feelings can lead to unhelpful behaviours (e.g. avoidance). We then focus on a range of techniques to manage our anxious thoughts and feelings and look at how else we can minimise or reduce the impact of anxiety. If you are a young person attending a school within Merton, Sutton, Richmond or Wandsworth, you may be able to access the free workbook that goes with this webinar. Please contact your pastoral department to see whether our service is working with your school, so that we can send you a copy.	20 mins	Anxiety	Teens	https://youtu.be/boYXxsZb4EA
How to Manage Rumination and Overthinking	This video is aimed at those who struggle with rumination, a type of over-thinking that can lead us feeling stuck and overwhelmed. We provide some practical tips that can help you to re-focus your attention and to stop you from being caught up in a vicious cycle.	5mins	Overthinking & Rumination	Teenagers	https://www.youtube.com/watch?v=QU0Ocyk3kj0
Coping with exam stress	This is a webinar for secondary school students. It covers common experiences you might have when faced with exams and talks through a number of coping strategies that you might find helpful. Good luck!	22mins	Stress	Secondary School Students	https://www.youtube.com/watch?v=XgkyhVMxQHY

Sleep – Top Tips for Teens Relaxation	This is a short video for teenagers offering advice about to use relaxation strategies in order to have a better night's sleep.	3mins	Sleep	Teenagers	https://www.youtube.com/watch?v=AFQEHy-P_Bk
Getting A Good Night's Sleep – Top Tips for Teens	This video is for teenagers and offers some top tips on how to get a better night's sleep.	4mins	Sleep	Teenagers	https://www.youtube.com/watch?v=U8bqm-13XxA
Teens – Resetting Your Body Clock	Short video for teenagers about how they can re-set their body clock / re-establish a sleep routine (e.g. after lockdown; school holidays; illness etc.)	3 mins	Sleep	Teens	https://youtu.be/s5ZEDa6hUPk
Understanding Intrusive Thoughts	Psycho-ed video for teens / young people (and perhaps parents) explaining and normalising intrusive thoughts	2 mins	Anxiety OCD	Teens / Young People	https://youtu.be/Vj83ixqPj-E
Returning to College after Lockdown	This video is aimed at college students who may feel worried about returning to college after lockdown. The webinar runs through the common anxieties young people have reported ahead of schools and colleges re-opening before providing you with some tools and strategies to cope with these understandable feelings and thoughts.	46 mins	Young adults	Teens / Young Adults	https://youtu.be/grz_-nIQ3KE