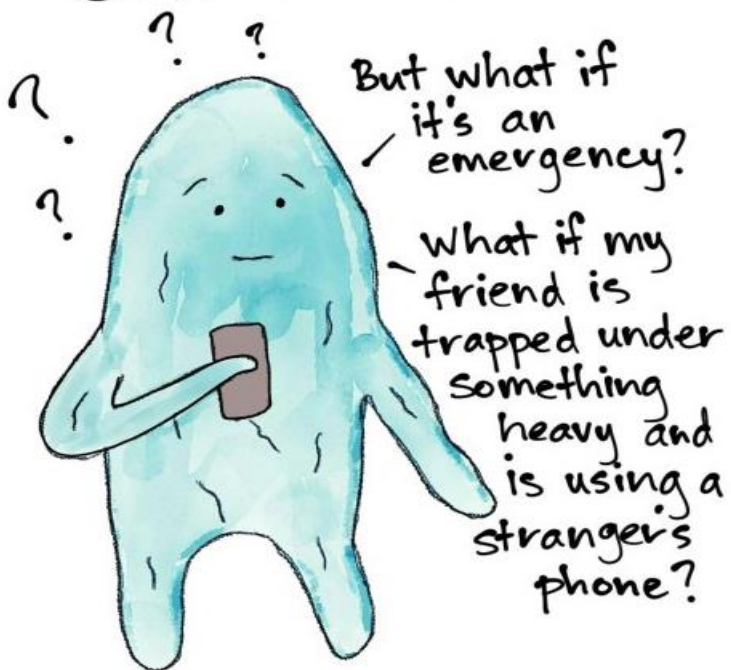




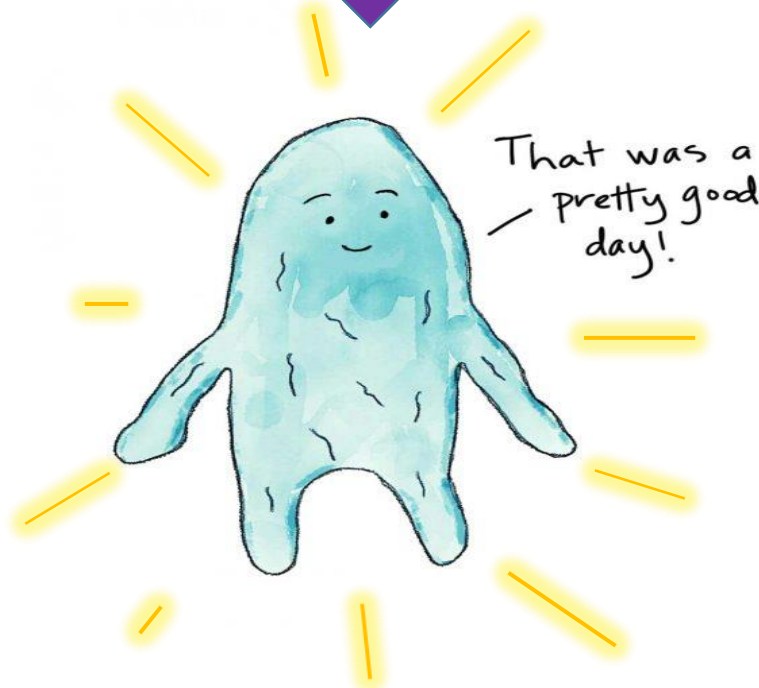
# Mental Health Support Team

We support young people to manage low mood or anxiety.

## Self Doubt



anxiety.



Anxiety + Depression!



Featuring:

- lethargy
- brain fog
- self-loathing
- numbness

AND SO MUCH MORE

# Our Top 10 Coping Ideas!

1. Cook or Bake!



2. Stretch or do yoga!



6. Take a shower or bath



7. Use positive self talk

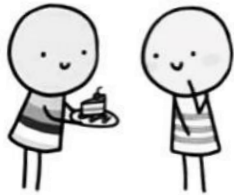
8. Do deep breathing

9. Exercise



10. Listen to your favourite music

3. Do something kind



4. Write your thoughts/feelings in a journal



5. Go for a walk



To find out more and access support:

**Email:** [mhstadmin@wokingham.gov.uk](mailto:mhstadmin@wokingham.gov.uk)

**Website:**

<https://www.wokingham.gov.uk/health/health-services-and-advice/emotional-and-mental-health/>

**or speak with your teacher.**

Our service is open Monday to Friday 9am to 5pm.