

## Fight the Pressure

Please note that the below workshop has been designed for a class sized group of Secondary age. If this is delivered as an assembly it will need to be modified. Do ensure you tailor the session for the group; **some slides may need to be removed or edited depending on the age (especially for Primary and lower Secondary pupils) and experiences of the students.** You might also want to break some slides up or rephrase them as questions or activities.

### Outcomes

Time	Activity	Resources & Notes
5 min	<p><b>Intro</b></p> <p>Facilitator introduces self and the aim of the session.</p> <p>To get a sense of engagement and attitudes in room show the first two slides and ask participants to raise hand if they agree with the statements</p>	<ul style="list-style-type: none"> <li>• Flipchart sheet and coloured marker pens</li> <li>• Sticky wall</li> </ul>
15 min	<p><b>Quiz- understanding more about mental health</b></p> <p>Explain this session is to help them learn more about mental health. Using the quiz slides, ask them to raise hands if they agree. Select a couple of students each time to share a thought about why they agree or disagree with the statement.</p> <p>Use the slides with extra info to introduce some of the key information about mental health</p>	
10 min	<p><b>Understanding pressures</b></p> <p>Explain that we all have mental health and it is on a spectrum (use slide).</p> <p>Explain that everybody experiences stressful things and this can affect how we think, act and feel.</p> <p>Facilitator to place three flipcharts around the room:</p>	<p>Laminated signs with images for: home; school; local area</p>

	<ol style="list-style-type: none"> <li>1. home</li> <li>2. school</li> <li>3. local area</li> </ol> <p>Facilitator divides room into three and asks each group to think about responses to the following question in relation to one of the three areas above. Groups to write ideas onto the flipchart using marker pens</p> <p>Facilitator to show slide: ‘What things might a young person face that might stress them out or worry them?’ to guide them.</p> <p>Allow five minutes (ask supporting staff to help groups stay on task). Facilitator to review flipcharts and share some of the key responses and highlight that there are things we all experience in all parts of our life that cause stress.</p>	
	<p><b>Taking care of ourselves</b></p> <p>Use slide to talk through some of the signs that we might be struggling or that someone we know might be. Highlight that it is normal to experience some of these things sometimes but if experience them a lot or they are stopping us doing things we usually enjoy or find easy, we might want to ask for some support.</p> <p>Use slide to introduce some of the places we can look for help and support and why being in good mental health is important.</p> <p>Introduce idea of resilience and that it is possible to ‘bounce back’- that there are things we can all do to look after ourselves and many of them are things that also help us feel physically well or that we might naturally do to help ourselves feel better when we feel down.</p> <p>Use slide to talk through some of the things that can help us take care of our mental health. Remind participants that when we do these things, it really does help our mental health so as much as we can, it’s important we try to make time for them even when we feel stressed and busy e.g. during school exams</p>	

	<b>Looking out for our friends</b> Talk through some of the things we can do if our friend is having a tough time	
<b>10 mins</b>	<b>Schools</b> Discussion exercise with slide Collate some verbal feedback	