

APPRENTICE NATION

Supported by 

UNLOCKING TENSION

– TAKEAWAY –

TOP TIPS

- 1** Recognise when stress and anxiety arises in yourself and others
- 2** Identify how stress shows up
- 3** Take a digital detox
- 4** Breathe!
- 5** Call up a friend
- 6** And remember, you are not alone

ADDITIONAL RESOURCES

Young Minds on Anxiety (with helpline links)

REFERENCES - LINKS

<https://youngminds.org.uk/find-help/conditions/anxiety/>

Living with Anxiety - YoungMinds

<https://www.youtube.com/watch?v=mprhqMRz5PU>

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