



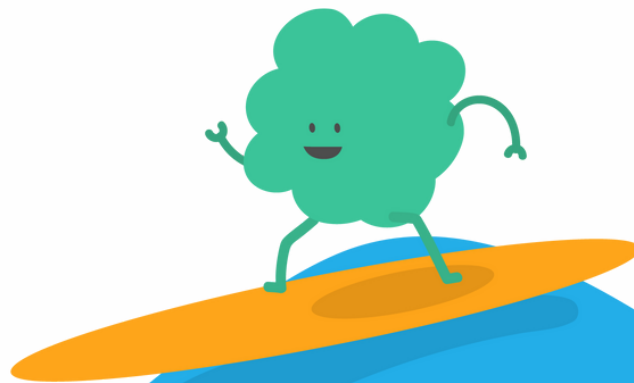
stem4  
supporting teenage mental health

# YOUTH MENTAL HEALTH DAY™

19th September

## How to #BeBrave

A Guide for Young People



stem4  
supporting teenage mental health  
Registered Charity No. 1144506

Dear YMHD supporter,

stem4, the charity I founded eleven years ago, is once again running Youth Mental Health Day (YMHD) in 2023. This year, stem4's YMHD is centred around the theme #BeBrave. We are delighted to invite you to get involved this YMHD, and help us to promote positive mental health in young people.

It has not been an easy year for many children and young people. There is still so much to catch up on after the pandemic, and the huge number of global changes has had an undeniable effect on young people and families. Despite this, your bravery and resilience continues to motivate us to carry on providing effective resources and enhancing the wellbeing of young people.

This year, stem4 has put a brief guide together to help build aspects of bravery and confidence. Please join us by sharing your experiences, creative pieces, and even your own tips on how to #BeBrave this year on social media. Tag us at @stem4org, and use this year's hashtags (#BeBrave and #stem4YMHD), to connect with us and with other young people on 19 September.

As a charity supporting young people's mental health, I would like to thank you for your valued participation, and look forward to hearing from you.

Happy #stem4YMHD!

Yours faithfully,



Dr. Nihara Krause  
Founder and CEO, stem4

#stem4YMHD

#BeBrave



'How to #BeBrave: A Guide for Young People' is here to provide useful tips to help you channel your bravery and become the best version of yourself. This guide looks at a range of struggles that young people face everyday, and provides useful ways to help manage difficulties, overcome challenges, and #BeBrave.

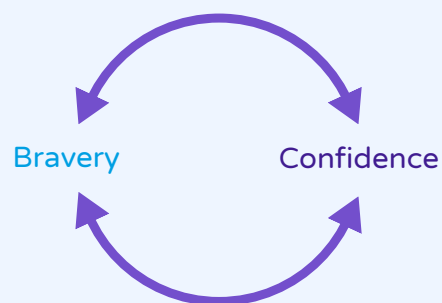
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# What is bravery?

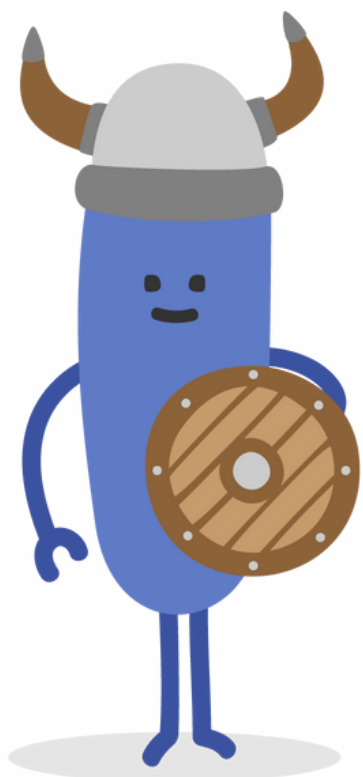
Bravery has traditionally been defined as the way in which we defend ourselves from fear. Bravery can emerge from instinct, training, or empathy. Imagine a soldier charging into battle, willing to do what needs to be done to defend their King and country.

More recently, bravery has been defined as the quality or state of having or showing mental or moral strength to face danger, fear, or difficulty.



Bravery and confidence form a positive circle.

By being brave, you become confident. In turn, having confidence helps you to be brave.



Courage is also about being brave and refers to the way in which we manage our fears. It is often defined as the willingness to face negative or difficult situations.

Courage comes from the heart and allows you to make a choice to act, despite fear. Emotions such as compassion, concern, or love, help people to be courageous.

*'I learned that courage was not the absence of fear, but the triumph over it.'*  
- Nelson Mandela

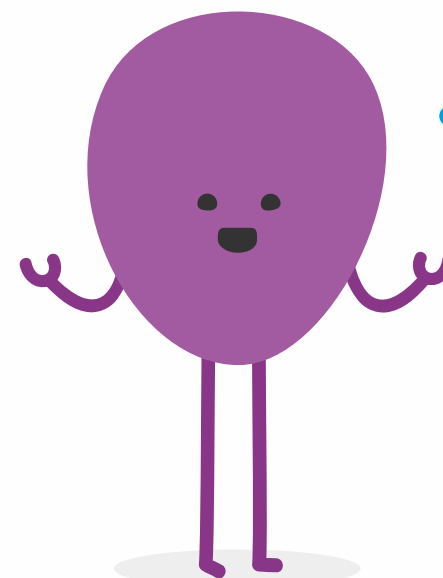
# Being brave outside of your comfort zone

Trying new things or facing your fears is always daunting, but there are ways in which we can recognise our fears, accept them for what they are, and try to move past them. Practising bravery can help us to move past our 'comfort zone', explore new possibilities, and grow.

You need to put yourself out of your comfort zone to be brave or courageous.

Your courage zone will not be your comfort zone.

-Dr Nihara Krause from stem4



That may not sound inviting, but it's about remembering that bravery or courage is a skill that can be learnt and requires practice.

Bravery is all about turning your fear into your friend or ally.

Bravery is not a lack of fear but is rather the ability to find the strength to push on despite our fears, and past them.

Bravery can help us move from our fear zone, past our comfort zone, and into a place where we are able to have courage and face what is worrying us.

# What can it mean to #BeBrave?

Bravery looks different to everyone. What one person may find very difficult, another person may not, but it is important to remember that everyone has fears and worries, and will practise bravery when they face them.

How you challenge yourself to #BeBrave is up to you, and you may already have some ideas in mind.  
If you need some extra inspiration, here are some ways you can challenge yourself to #BeBrave.

## How you can challenge yourself to #BeBrave today

Get back to sport after recovering from an injury, even though you're worried you may hurt yourself again.

Decide to tell someone how you feel and ask for some help.

Tell your parents about something you did wrong.

Put your hand up to ask a question in class, even though you don't understand what's being discussed.

Make a difficult decision even though you're worried about the consequences.

Read something you've written in front of the class even though you're worried it might be wrong.

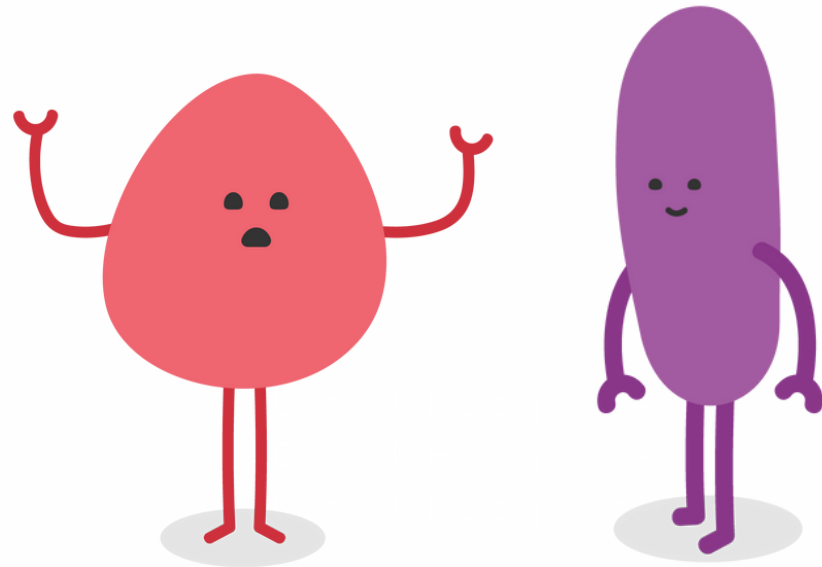
Tell a friend that they've hurt you by leaving you out.

Introduce yourself and have a conversation with someone you haven't spoken to in the class.



# How to #BeBrave and reach out to others

It's brave to reach out to family, friends, and people close to you when you're struggling. Talking about mental health isn't easy, and it takes courage to start what may be a challenging conversation. It's important to remember that it's OK to need help, and that everyone needs to reach out to others sometimes.



 **Tip 3: Tell them you would like some time to talk.**

Mention that you would like some time to talk about something important to you and that you would like some privacy to do so. Try and tell them roughly how much time you need.

 **Tip 4: Find a good place and time to talk..**

Try not to ask when somebody is busy, distracted, or in a bad mood.

 **Tip 5: Try and deal with disappointment.**

It's brave to ask for help, and even braver to ask again if the person you first approached is unable to help.

## Tips to help you reach out to others

 **Tip 1: Decide what you want to talk about.**

Remember, you don't need to know exactly why you're feeling the way you are. You just need to try and put into words what you need help with. It may help to write it down.

 **Tip 2: Decide who you feel comfortable talking to.**

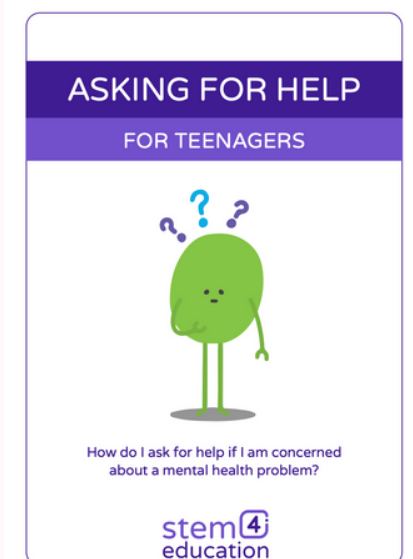
Keep in mind that family, friends, and teachers are not trained professionals. They may not always respond in the right way. When this happens, don't give up. Try to keep talking until you find the answers and solutions that can help you.

## stem4's Asking for Help booklet

For tips on how to talk to a friend, parent, teacher, or GP about how you feel, Asking for Help provides guidance on where to start.

Download the booklet at:

[stem4.org.uk/resources](https://stem4.org.uk/resources)





# How to #BeBrave in times of change

Change, even for a good outcome, can be difficult and stressful. That's because we get used to what we have, and often find it hard to adjust to new situations. Change can bring exciting new opportunities, but it's sometimes hard to accept change as it is happening. Adjustment often means facing your fears, and it takes being brave to do so. Here are some useful tips to help you cope with change.

## Tips for how to #BeBrave when dealing with change

### 💡 Tip 1: Give yourself time to settle.

Change often feels uncomfortable. This doesn't mean that it's wrong, it's just new.

### 💡 Tip 2: Focus on things that feel the same.

There may be some things in your new situation that feel the same as before. These might help you to settle in. For example, you may be at the same school and have the same journey there and back, even though your class and timetable are new.

### 💡 Tip 3: Practise self-encouragement.

Phrases like 'I will get there' or 'I can do it' can help you to keep positive during changing situations.

### 💡 Tip 4: Connect with the people around you.

Talk to those around you. They may well be going through what you're experiencing too.

### 💡 Tip 5: Try new things.

Look for new things you can do and enjoy. Change is difficult, but it often comes with new and exciting opportunities.

### 💡 Tip 6: Be proud of yourself.

If you notice yourself settling in or adapting to new changes in your life, praise yourself for how far you've come. Even if it feels like a small step, take pride in what you've achieved.



#### Here's how to take 5 and breathe in a relaxed way to reduce tension

Stretch out your hand,  
and with the index finger  
of the other hand, gently  
trace the outside of your  
thumb, moving upwards  
and as you do so  
breathe in

stem4

#### stem4's Take5 exercise

Practise controlling the physical  
symptoms of anxiety using  
stem4's

Take5 breathing exercise:

<https://bit.ly/41Js9hJ>

# How to manage anxiety



Many of us experience feelings of anxiety, and it often takes a lot of bravery to recognise that we are feeling anxious and to take steps to manage this. Here are some useful tips to help you manage anxious thoughts and feelings.

## What is anxiety?

Anxiety is the most common mental health condition people experience and is characterised by a range of anxious thoughts and behaviours. Generally speaking, anxiety is a feeling of unease, worry, or fear.

Anxious thinking is almost always fear-based and anxious behaviour is often carried out to make the person feel less fearful. This behaviour is not generally positive. For example, someone who is anxious of flying may not get on a plane.

## How do I know if I am anxious?

Anxiety can show itself in many forms, and there are many different symptoms of anxiety. If you are experiencing anxiety, you may be:

- feeling worried and agitated.
- feeling fearful about things that others are generally not fearful about.
- constantly worrying.
- always overthinking and predicting negative or dramatic outcomes.
- displaying a range of physical symptoms such as heart racing, increased breathing, and muscle tension.

## Tips to help you manage anxiety

### Face it

If you're putting something off because it makes you feel anxious, try and support yourself to face it, bit by bit.

### Manage behaviours

If your anxiety makes you think too much or do too much, try and reduce the behaviour one step at a time.

### Practise acceptance

See if it helps you to let go of your fears and worries when you accept that your thoughts and behaviours are symptoms of anxiety.

### Learn to relax

Have regular breaks, learn to relax, be mindful.

### Monitor

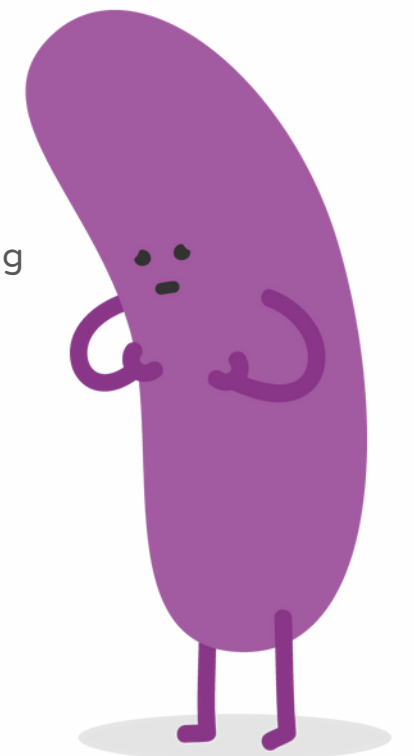
Keep a diary to work out triggers and patterns.

### Seek help

Visit your GP by phoning your local practice and booking an appointment. Go ready to discuss your concerns.

### stem4's anxiety resources

Take a look at stem4's further resources for more information on anxiety and useful tips.  
[stem4.org.uk/resources](https://stem4.org.uk/resources)



# Being brave in difficult social situations

## How to #BeBrave when dealing with a friendship fallout

Friendship fallouts are hard at any age, and they can be particularly difficult at school or college when you see the person daily.

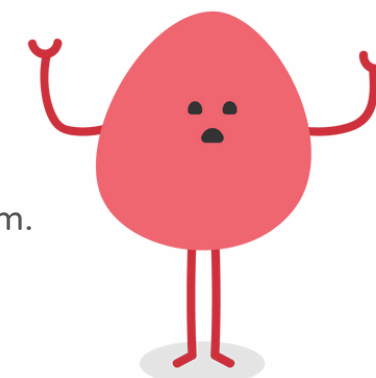


### Tips for managing a friendship fallout

1. Acknowledge that you're upset. This might mean talking to supportive friends or letting yourself cry.
2. If you were the person contributing to the fallout, reflect on whether this was the outcome you wanted. If yes, try to stop going over it and move on. If not, find a way to explain, without putting pressure on the other person to agree with you.
3. If your friend ended the friendship with you, examine the reasons for this and #BeBrave in exploring how you might change.
4. If the friendship is beyond repair, give yourself the opportunity to find new friends.
5. Don't gossip or spread rumours about the friend you've fallen out with. If you really want to vent, talk in private to a person you trust who's outside the situation.
6. Don't force friends to take sides. It's divisive and can lead to further fall outs.

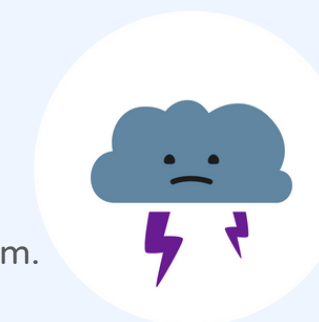
## How to #BeBrave when dealing with bullying

1. Take steps to move away from the bully. Try to ignore them.
2. Learn to say no, firmly but not aggressively.
3. If you decide to confront the bully, use non-personal, non-threatening language.
4. Treat the bully's comments as though they don't affect you. For example, pretend you didn't hear.
5. Stay with people you trust and feel comfortable with.
6. Talk to someone in authority (like a teacher) about the bullying.
7. Try not to avoid situations where the bully is present (like the playground at breaktime). Relax, hold yourself tall, and go and join a group of friends.



### How to #BeBrave when dealing with cyber-bullying

1. Report it to a responsible adult.
2. Report it to the app or game.
3. Don't respond.
4. Don't look at your devices late at night in your room.
5. Take a break from social media.
6. Talk to someone who can help you deal with how you feel.





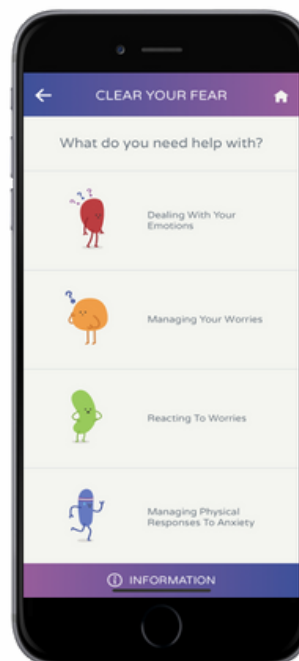
## About Clear Fear

The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat, as well as changing thoughts and behaviours and releasing emotions.

Anxiety is a natural response to fear, threat, and apprehension. However, when anxiety is extreme or goes on for a long time, or the response to a threat is disproportionately large and affects a person negatively, it may become an anxiety disorder.

Anxiety disorders are the most common form of emotional disorder and respond very well to a form of treatment called Cognitive Behavioural Therapy or CBT.



## When you face your fear, you will reduce the threat and glide.

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

Please note the app is an aid in treatment but does not replace it.

Find out more at [clearfear.co.uk](http://clearfear.co.uk)



## Who are we?

stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs, through the provision of mental health education, resilience strategies, and early intervention.

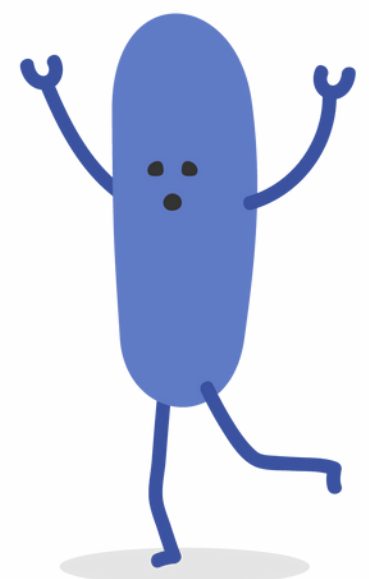
This is primarily provided digitally through our innovative education programme, pioneering mental health apps, clinically-informed website, and mental health conferences that contribute to helping young people and those around them flourish.

## Our Mission

To foster the development of good mental health in teenagers through enhancing early understanding and awareness in individuals, their families, schools and the community, promoting shared early detection and signposting towards prompt action and intervention.

## Our Aims

- Raise early awareness and highlight the importance of early intervention in teenage mental health issues—taking steps to help stem problems at an early stage.
- Educate through interactive conferences for schools, digital tools such as the Head Ed programme, and through our comprehensive website.
- Encourage debate and shared information through a programme of conferences targeting students, parents/carers, education professionals, school nurses, and GPs.
- Provide self-help through our mental health app library, website, and booklets.



# #GoPurple



GO PURPLE

## Fundraise for stem4

### What is #GoPurple?

stem4's #GoPurple initiative encourages you to combine raising money with promoting wellbeing within your own community.

### How can you #GoPurple?

Here are some ideas to help you #GoPurple and raise money for stem4 this Youth Mental Health Day.

**Purple bake sale:** enjoy delicious purple cakes, biscuits, and treats whilst raising money for stem4.

**Wear purple day:** how many purple items can you wear at the same time? Wear these purple items to school or work and donate to stem4.

**Purple sports tournament:** wear purple kit or costumes and take part in a #GoPurple match or sports tournament.

**Purple treasure hunt:** hide purple items around your school workplace, or local community and hunt them down!

**Purple pick 'n' mix:** sell a mix of purple sweets and treats and raise money for stem4.

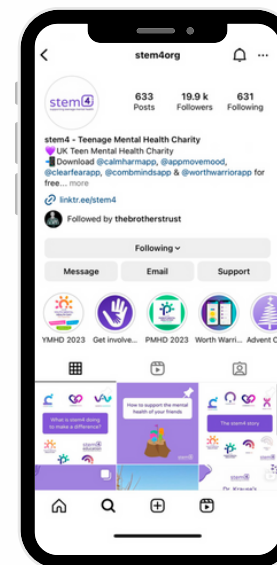
We have a wealth of resources to help you along the way!  
To find out more, or to receive the materials you need,  
please contact [fundraising@stem4.org.uk](mailto:fundraising@stem4.org.uk)  
or visit [stem4.org.uk/get-involved](https://stem4.org.uk/get-involved)

@stem4org • [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)

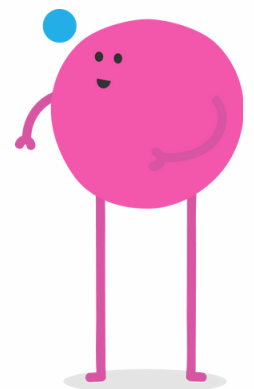
## Share your #stem4YMHD

No matter how you raise awareness, start conversations, or promote positive mental health this Youth Mental Health Day, stem4 would love to hear about it!

### How to share your Youth Mental Health Day with us



1. Send us photos or videos of what you got up to! Email us at [YMHD@stem4.org.uk](mailto:YMHD@stem4.org.uk).
2. Post your activities on social media and tag us [@stem4org](https://www.instagram.com/stem4org).
3. Remember to use our hashtags when you post ([#stem4YMHD](https://www.instagram.com/hashtag/stem4YMHD) and [#BeBrave](https://www.instagram.com/hashtag/BeBrave))!



Take a look at how YMHD supporters people got involved with our [#ConnectMeaningfully](https://www.instagram.com/hashtag/ConnectMeaningfully) theme last year!



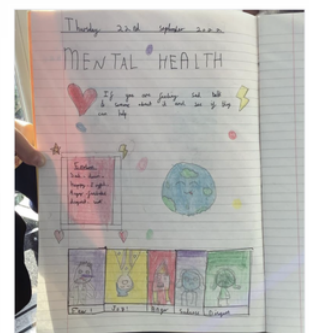
St Cuthbert's C.E. Primary School created a recipe for a good friend



Emanuel School hosted assemblies about stem4's MINDYOURS initiative



Some of the team at Godalming College handed out cakes and lollies at break to connect with their new students



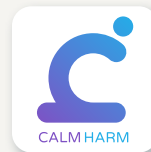
St Cuthbert's RC Primary School students got talking about mental health and their feelings



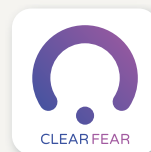
@stem4org • [youthmentalhealthday.co.uk](https://youthmentalhealthday.co.uk)



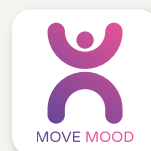
# stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety  
[www.clearfear.co.uk](http://www.clearfear.co.uk) • @clearfearapp



A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://www.movemood.co.uk) • @appmovemood



A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) • @combmindsapp



A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders  
[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk) • @worthwarriorapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.



[www.stem4.org.uk](http://www.stem4.org.uk) • @stem4org

Developed by stem4 - Registered Charity No. 1144506

@stem4org • [youthmentalhealthday.co.uk](http://youthmentalhealthday.co.uk)

stem4  
 supporting teenage mental health



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