



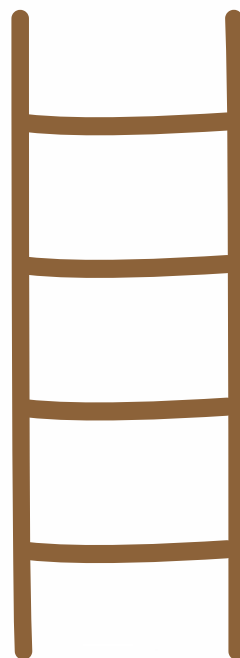
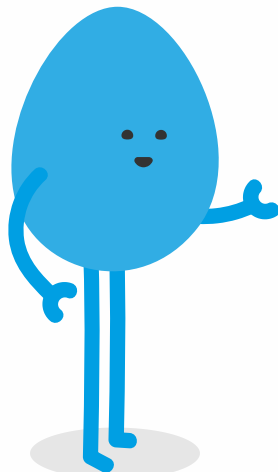
stem4i
supporting teenage mental health

YOUTH MENTAL HEALTH DAY™

19th September

How to #BeBrave

when entering a new chapter



stem4i
supporting teenage mental health

registered charity no. 2141500

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 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.

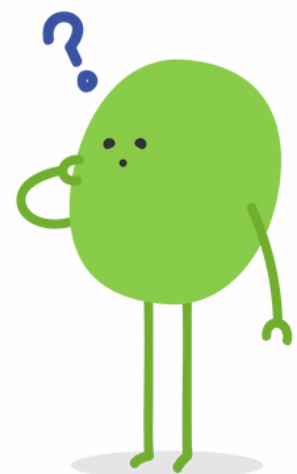
This year, stem4 has put a brief guide together to help build aspects of bravery and confidence. Please join us by sharing your experiences, creative pieces, and even your own tips on how to #BeBrave this year on social media. Tag us at @stem4org, and use this year's hashtags (#BeBrave and #stem4YMHD), 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 when entering a new chapter' is here to provide useful tips to help you navigate the uncertain and sometimes challenging time after you finish school, college, or A-levels. This guide explores getting your results, settling at university, and facing new experiences and challenges. It aims to help you manage your mental health, #BeBrave, and become the best version of yourself.

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How to #BeBrave when

Results day is daunting and challenging, and it's completely natural to feel nervous when you receive your results. Here is some guidance to help you manage feelings of anxiety or stress that you may experience on results day.

Some tips to help you to #BeBrave on results day



Tip 1: Understand what you're afraid of.

One of the best ways to manage feelings of anxiety and be brave when getting your results is to understand what you're afraid of. Try and break your fear into small parts so that it's manageable. For example, you may think that you have done terribly in every exam, when in fact you only found some of them challenging.



Tip 2: Explore your fears in a balanced way.

If you're worried or fearful on results day, try and explore these fears in a balanced way. Think about whether there are good reasons to believe your fears, or whether they are 'what if' worries that are arising due to your nerves on the day.



Tip 3: Prepare for your worries.

If you think that there are good reasons for some of your concerns on results day, try and take some time to prepare for these outcomes. Remind yourself of your many strengths and establish some ways that you can deal with a result that you may not be happy with.

you get your results



Tip 4: Recognise irrational worries.

If you suspect that some of your fears or worries may be irrational or based on 'what if' scenarios playing out in your mind, acknowledge that this is happening. Remind yourself that there is just as much chance of a positive 'what if' outcome as there is of a negative 'what if' outcome.



Tip 5: Take steps to help you feel in control.

Whilst receiving your results is naturally worrying, try to take some steps to help you feel more in control and relaxed on the day. That might mean surrounding yourself with family and friends who help you feel comfortable, or taking time to yourself to process the day. Do whatever you can to make the day feel better for you.



Tip 6: Be proud of what you have achieved!

When exam results are out, acknowledge what you did well and what could have been better. Even if you are disappointed, remember to be proud of the things that you have achieved!

stem4's blog page

The stem4 website has many articles and blogs for you to read, including some that focus on the challenges of results day.

Take a look at our blogs at: stem4.org.uk/blog/



How to #BeBrave when

If you're planning on starting at university in the autumn, it can be very daunting and hard to know what to expect. Going to university can be an exciting experience, but it can also be difficult to face the new challenges that arise when you get there. Remember that everybody is in the same boat, and that it's normal for it to take some time for you to feel completely comfortable. Here are some tips to help you settle in well when you start at university.

Tips for settling well at university



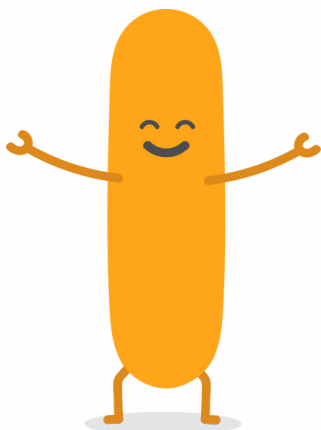
Tip 1: Get to know your surroundings.

It's normal to feel nervous about moving away from home and to a completely new place. Try to familiarise yourself with the area. It really helps to know your way around and to find places to buy food, wash your clothes, go for a relaxing walk, and so on.



Tip 2: Make an effort to connect with others.

An exciting part of going to university is the chance to meet new people and make new connections. Whilst this might be challenging, remind yourself that everybody is new and will have the same worries as you. Try and be brave by leaving your room, going to a shared space in your halls of residence, attending fresher's events and lectures, or joining some societies. This all takes courage!



Tip 3: Take steps to self-care.

The start of university can be very busy and feel overwhelming at times. It's important to remember to take steps to look after yourself. That means eating and sleeping well, signing up with the university doctor, and making time to do things that you enjoy by yourself, like reading, exercising, or going for a walk.

you start at university



Tip 4: Make your room comfortable.

Your new room at university can be a great place to relax, so make sure that it's comfortable and suits you. It may help to have some of your favourite things from home in your room, especially if you're feeling homesick.



Tip 5: Try not to judge things too soon.

Remind yourself that you have time to fully settle at university, and everything may not feel perfect straight away. If you are worried you may not like your course, or that you haven't found the 'right' group of friends immediately, give yourself some time. Try to focus on what you are enjoying, and trust that you will soon feel more settled.



Tip 6: Keep in touch with friends and family.

It's natural to miss your family and friends when you have left home for university. Remember that they are only a call or text away, and allow yourself to reach out if you want to chat. Settling into a new environment doesn't have to mean leaving everything from home behind, and it may be comforting to feel close to your loved ones. Just make sure that you also give yourself enough time to make new connections.



Tip 7: Take things one step at a time.

Starting at university means facing a host of new challenges and responsibilities. Becoming independent is an exciting part of transitioning into adult life, but it doesn't have to happen overnight. Start by writing a list of things that you aren't sure you know how to do. This might be doing laundry, getting around a new town by yourself, or sorting out your student finances. Work through the list and try to learn these new skills. It's okay to make mistakes and ask for help along the way!

How to manage anxiety

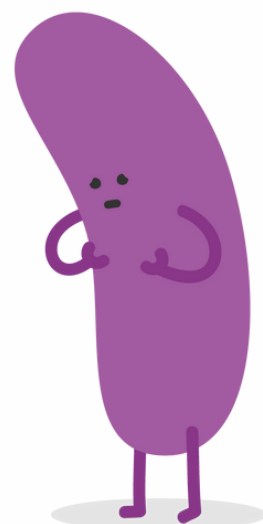
Whatever your plans are for the next chapter, the period after you leave school is filled with changes and uncertainties. Whether you're going off to university, taking a gap year, starting a new job, or you're unsure what you are doing next, this is a challenging time for everybody. It can be particularly difficult if you have an anxiety condition. Here is some guidance to help you to be brave, look after yourself, and manage an anxiety condition during this time.

Tips for managing an anxiety condition after leaving school



Tip 1: Recognise basic factors that trigger anxiety.

It's natural for anxiety to be triggered when you move from the security and structure of home or school, to the more unknown future. Try and reduce your anxiety by managing basic factors that might trigger it. These include catching up on sleep, eating regularly and well, resting and taking breaks, and regulating alcohol intake.



Tip 2: Approach your anxiety rather than avoid it.

The key to managing anxiety is to approach your anxiety rather than avoid it. This means taking small and regular steps to face anxiety generating situations. You have to practice bravery to do this, so don't be hard on yourself if it takes time.



Tip 3: Take small steps to face social anxiety.

If social anxiety is present when you join university or start a new job, make small goals to face this such as introducing yourself and saying hello to at least one new person every day. Again, this requires courage! Be proud of what you achieve.

after you leave school



Tip 4: Keep your prescriptions continuous

If your next step involves moving away from home and you take medication to manage a mental health condition, make sure that you register with a new GP or doctor. That way, you can ensure that your prescriptions are continuous.



Tip 5: Try new methods to manage your symptoms.

If you're struggling to manage an anxiety condition after leaving school, it might help to explore other ways to manage panic symptoms. This may include learning some new breathing techniques, doing some gentle exercise, or finding an activity that helps you to relax.

stem4's anxiety resources

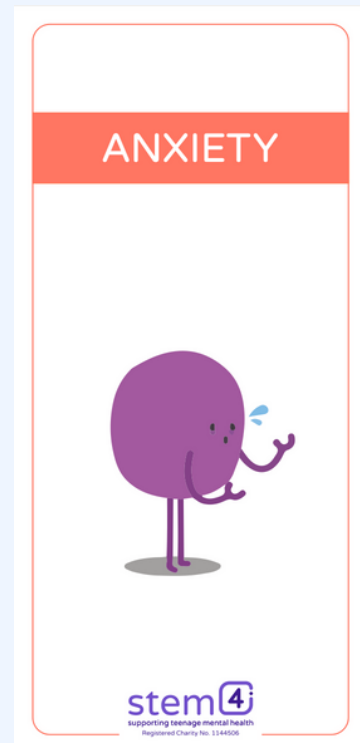
The stem4 website has other free digital resources that you can download to help you manage an anxiety condition.

Take a look at our resources at:
stem4.org.uk/resources/

Or, check out the stem4 website for more information on what anxiety is, how it might manifest, and what you can do to help manage feelings of anxiety.

Take a look at our anxiety webpage at:
stem4.org.uk/anxiety/

You can also download our free anxiety leaflet [here](#).



How to #BeBrave

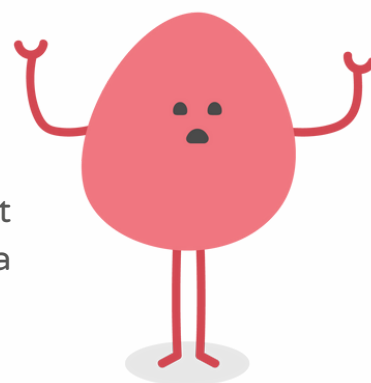
Periods of transition and change are challenging for us all, as we tend to become comfortable with what we have, and struggle to adjust to new circumstances. It requires a lot of bravery and courage to face changes and try to embrace them, but it's a great skill to develop. Here are some tips to help you manage, and even learn to enjoy, periods of change.

How to manage times of change



Tip 1: Give yourself time to settle.

Change often feels uncomfortable. This doesn't mean that it's wrong, it's just new. Accept that it might feel uneasy for a while, and give yourself time to settle in.



Tip 2: Practise self-encouragement.

Practice saying phrases like 'I can do this' or 'I will get there' to yourself. This can help you to keep positive and remain confident during changing situations.



Tip 3: Connect with the people around you.

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



Tip 4: Embrace new opportunities.

Push yourself to be brave and try new things that you can do and enjoy. Change is difficult, but it also often comes with new and exciting opportunities.



Tip 5: Praise yourself for how far you have come.

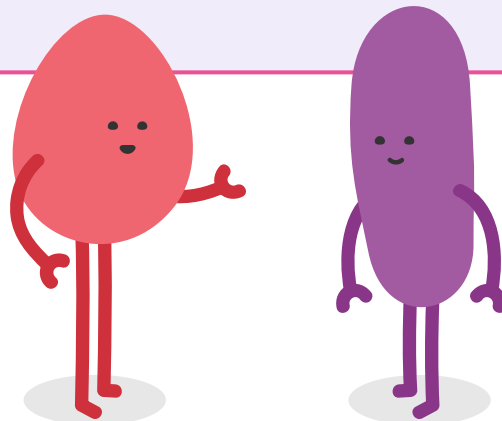
If you start to feel that you're settling in or adapting to the new changes in your life, remember to praise yourself for how far you've come. Even if it feels like a small step, take pride in what you've achieved.

in times of change

How to manage changing friendships and relationships after you leave school

It is normal for your relationships with your friends to change once you leave school or college and even more once everyone starts on different pathways. Routines and experiences will be different, and everyone will be investing in new experiences and friendships. Connections can therefore feel very different. Here are some tips to help you manage these changing relationships.

- Be brave and keep friendship connections by planning some specific times to catch up once you have settled in. These can include online catchups too.
- It's not easy to manage feeling left out or jealous. Don't be afraid to gently address what might be upsetting you.
- Take steps to make your own new social connections and plan a new schedule. Be open to new experiences rather than only investing in established friendships.
- Create some personal goals and challenges to focus on. This will help you to make the most of the stage you are in, whether this be at university, on a gap year, or starting work.
- Some friendships run their course. If this is the case, be brave in making mutual endings.



Being brave when you

It can be challenging when you finish school or college and suddenly your friends are moving away, going to different universities, taking years out, or starting new jobs. Whilst we're at school and college, we're used to being at the same stage as our friends and others in our year group. It can be very disorientating when this changes, but it's important to remember that you're not alone in feeling unsettled. It's natural to feel unsure and to doubt the path you're on. Here are some tips to help you focus on yourself and the present moment, and to help you remain brave when things feel unsure.

How to manage uncertainty after you leave school



Tip 1: Challenge the fear-based mindset that anxiety can generate.

Identify the fears that might be holding you back and challenge them. Common fears include fear of failure, fear of not being good enough, or fear of embarrassment. Question these fears and face them, rather than accepting them or avoiding them.



Tip 2: Take a break from activities that impact your self-esteem.

Whilst social media can be a great way to connect with others and keep in touch with friends, it can lead to a constant comparison with others which might impact your self-esteem. Taking breaks from social media or from comparing yourself to others may help you to focus on what makes you happy.



Tip 3: Focus on the present moment.

Try to focus on the 'now' and make the most of the new stage you are in, whatever it may be. Take time to yourself, focus on enjoying your hobbies or interests, and connect with others around you.

are feeling unsure



Tip 4: Reduce your anxiety levels before making a big change.

If you're considering changing your situation, try to reduce your anxiety levels before making any big decisions. This is important as anxiety tends to bias the choices we make.



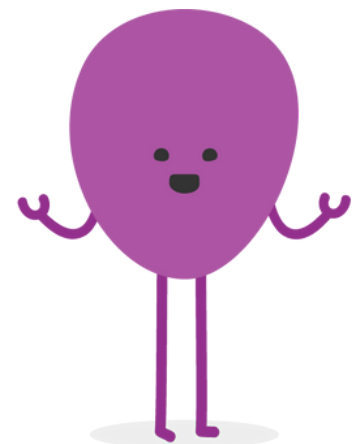
Tip 5: Open up about how you feel to people you trust.

If you're lacking confidence or certainty, open up and talk to family, friends, or people whose views you respect. Let them know how you're feeling, and see if you can work out a solution that feels right for you. It may simply help to speak about how you feel, and hear that others have felt the same way.



Tip 6: Be kind to yourself.

Try and remind yourself that everyone moves at a different pace, and that this is okay. Being able to listen to yourself and focus on what is right for you can be challenging and takes work - don't be too hard on yourself if you don't achieve this straight away.



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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

If you are feeling overwhelmed,
practice controlling the physical
symptoms of anxiety using stem4's
Take5 breathing exercise:

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



Clear Fear

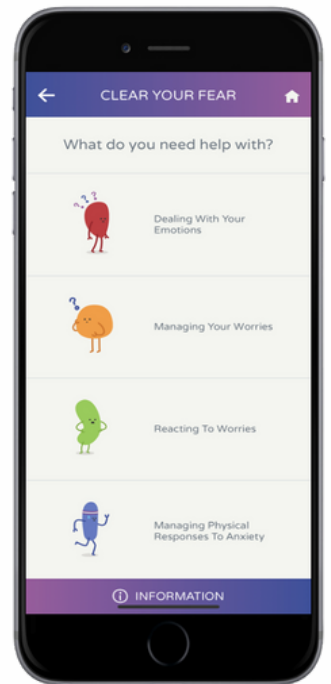
About Clear Fear

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.

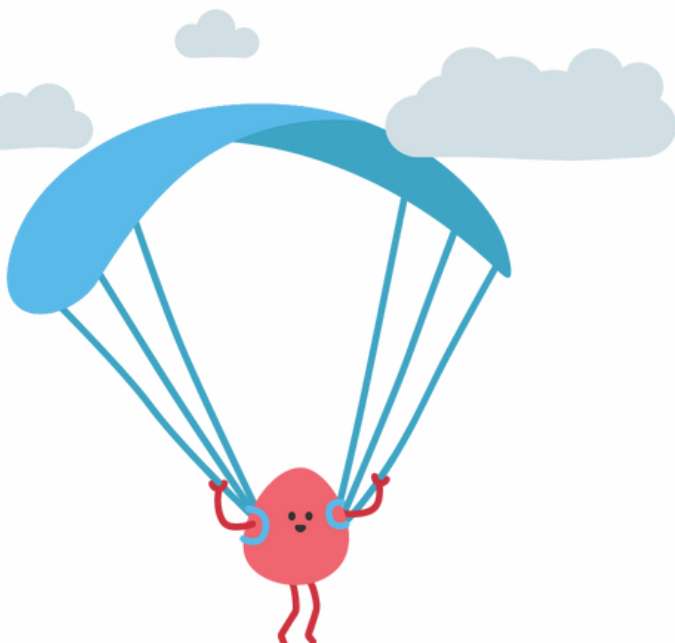
Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat, as well as changing thoughts and behaviours and releasing emotions.

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



stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • @clearfearapp



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • @appmovemood



A free app to help families and friends provide mental health support
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 • @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.

stem4
supporting teenage mental health

www.stem4.org.uk • @stem4org

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