

# Be Free Campaign's 4 Week Flagship Workshop

Be Free Campaign is a mental health charity that provides early intervention and preventative education on mental health and wellbeing to young people aged 6-25. Our ultimate goal is to improve mental health outcomes for young people and reduce the stigma surrounding mental health. Our flagship workshop consists of four 1-hour sessions. The content for each week is outlined below:

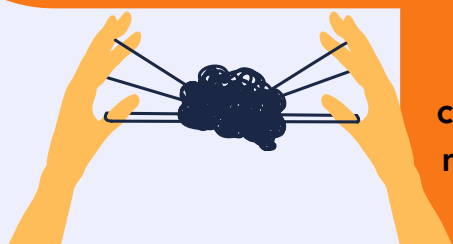
## Week 1:

We will discuss what is meant by mental health in general and differentiate mental health from mental wellbeing and mental illness. We will discuss current stigma surrounding mental health and we will touch on OCD. The end of the session will involve creating a support network for the YPs and discuss coping strategies for the individual to exercise independently. Be Free Campaign outlines 7 ways to good mental wellbeing, which will be discussed and reiterated throughout the 4 weeks.



## Week 2:

The focus of this session is on understanding the basics of anxiety and depression, linking our thoughts and feelings to our behaviours, and continuing the development of coping strategies that can be used to relieve anxieties and maintain a positive mental wellbeing. We also look at how to support others who may be struggling around us.



## Week 3:

The topic of the third session is body image, where we will discuss current societal expectations regarding body image and potential influences on our body perceptions and goals. We will look at body dysmorphia and eating disorders, ending the session on individuality, expression and body positivity.



## Week 4:

The final session will look at the impacts of social media on our mental wellbeing, considering the implications on sleep and discussing the addictive nature of social media. We will end the session with an activity where the young people will create their own personalised mental wellbeing toolbox, thinking about how they can integrate each of the 7 ways of wellbeing into their daily life.



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# Life Transitions

Be Free Campaign's Life Transitions Workshop opens the discussion around how change can impact our mental health and we invite the group to brainstorm ways to manage their anxieties around this topic. We encourage the frequent practice of Be Free Campaign's 7 ways to wellbeing to maximize mental wellbeing throughout stressful life transitions. We acknowledge the range of emotions that may be felt during such changes, and we discuss the importance of balance throughout life.

This workshop also promotes the idea that everybody leads their own individual lives, opening a discussion around comparing yourself to others and we encourage autonomy around choosing your own path in life, recognising that barriers can be overcome and this, in turn, generates a stronger sense of emotional resilience for future obstacles in life.



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# Exam Stress

**Be Free Campaign's Exam Stress Workshop looks at how stress can influence our mental health and wellbeing, and we discuss coping strategies in line with Be Free Campaign's 7 ways to wellbeing. We promote self-care activities throughout exam season and enhance students' emotional awareness via self-reflection to support them to develop their understanding on their thoughts, feelings and behaviours during stressful times like exams.**

