

Powerlessness and the Unknowable Talk Information Sheet

Stress, Anxiety and Trauma

NHS advice

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress>

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic>

Psychoeducation: Anxiety – loads of resources to printout and films

<https://trailstowellness.org/materials/cbt-and-mindfulness-groups/resources/psychoeducation-anxiety>

Healthy ways to handle life's stressors (APA)

<https://www.apa.org/topics/stress/tips#>

Anxiety Relief for Teens

Regine Galanti (2020), Penguin Random House

Anxiety is Really Strange – a science-based graphic guide, great for all ages

Steve Haines (2018), Singing Dragon

When Anxiety Attacks – a comic style story about seeking therapy for anxiety

Terian Koscik (2015), Singing Dragon

Trauma is Really Strange – a science-based graphic guide, great for all ages

Steve Haines (2016), Singing Dragon

Ten Meter Tower – A Short Film by Maximilien van Aertryck and Axel Danielson

<https://www.youtube.com/watch?v=cU2AvkKA4kM>

Parenting

Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment

Daniel A. Hughes and Jonathan Baylin (2012), Norton

Brainstorm: The Power and Purpose of the Teenage Brain

Daniel J. Siegel (2014), Scribe

Loads of books and resources <https://drdansiegel.com>

Listening

How to Talk so Teens will Listen and Listen so Teens will Talk

Adele Faber and Elaine Mazlish (2005), Piccadilly

How to Listen: Tools for opening up conversations when it matters most

Katie Columbus (2021), by the Samaritans and Kyle Books.

Active Listening: The Art of Empathetic Conversation

<https://positivepsychology.com/active-listening>

Communication Skills: Empathetic Listening – Inside Out (2015)

<https://www.youtube.com/watch?v=t685WM5R6aM>

Breathing

Breath: The New Science of a Lost Art

James Nestor (2020), Penguin Life

A Simple Exercise to Ease Despair with Peter Levine, PhD

<https://www.youtube.com/watch?v=n1bPdbBF1Ck>

Dr. Weil explains how to do his 4-7-8 breathing technique

<https://www.youtube.com/watch?v=p8fjYPC-k2k>

Breathing Apps



The Breathing App

Edwin Stern

OPEN



The Breathing Toolbox - Calm, ...

LINITIX

PURCHASED



Sleeping

Why We Sleep: The New Science of Sleep and Dreams

Matthew Walker (2017), Penguin Books

Sleep - D Double E Guides You Through Sleep Meditation

<https://www.slam.nhs.uk/our-services/camhs/schools/discover-reset-and-rewind>

The Sleep Foundation

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Mediation and Sleeping Apps



Calm - Meditation and Sleep

Meditation and Slee...

OPEN



Headspace: Meditation & Sl...

Headspace Inc.

OPEN



Meditation and Mindfulness

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life

Jon Kabat-Zinn (2016), Sound True

<https://www.mindfulnesscds.com/>

Mindfulness: A Practical Guide to Finding Peace in a Frantic World (includes CD)

Mark Williams and Danny Penman (2011), Piatkus Books

App below

Meditation and Mindfulness Apps



**Mindfulness :
Finding peace**
Hachette UK (BP)

OPEN



Smiling Mind
Smiling Mind

OPEN



**MyLife
Meditation: Min...**
Stop, Breathe & Think

OPEN



Habit

The Power of Habit: Why we do what we do and how to change

Charles Duhigg (2012), William Heinemann

Bounce: The Myth of Talent and the Power of Practice

Matthew Syed (2011), Fourth Estate

Habit Apps



tomo
Build achievable
change

OPEN



**Hold - make
it happen**
Hold AS

OPEN



Brain

Dr Dan Siegel's Hand Model of the Brain (2017)

<https://www.youtube.com/watch?v=f-m2YcdMdFw>

The Brain: The Story of You

David Eagleman (2015), Canongate Books

also a TV series can be found on <https://eagleman.com/television/the-brain-pbs>

The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation

Stephen W. Porges (2011), Norton

Mindsight: Transform Your Brain with the New Science of Kindness

Daniel Siegel (2010), One World

Inventing Ourselves: The Secret Life of the Teenage Brain

Sarah-Jayne Blakemore (2019), Penguin Random House

The Mysterious Workings of the Adolescent Brain

Sarah-Jayne Blakemore (2012)

https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain?language=en

The Neuroscience of the Teenage Brain

Sarah-Jayne Blakemore (2018)

<https://www.youtube.com/watch?v=yQXhFa8dRCl>

The Adolescent Brain

Dan Siegel (2018)

<https://www.youtube.com/watch?v=001u50Ec5eY>

Brain Apps



3D Brain

Cold Spring
Harbor Laboratory

OPEN



Pandemic

Transforming Pandemic Panic into Receptive Presence and Growth (Webinar)

Dr Dan Siegel (2020)

https://www.youtube.com/watch?v=qIKUYmIE_0o

Self-Compassion and Care

The Power of Vulnerability

Brené Brown (2010)

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability

Listening to Shame

Brené Brown (2012)

https://www.ted.com/talks/brene_brown_listening_to_shame

<https://brenebrown.com>

Boundin Pixar HD Short Film

<https://www.youtube.com/watch?v=7WyR4AqRweY>

Mental Health Support

If you require mental health support, remember you can always talk with your GP

If you, or someone else, is in life threatening danger call 999. If you need urgent medical help, call 111

If you are having a mental health crisis call the **SLAM Crisis Hotline 0800 731 2864**, open 24/7

If you are in crisis **text 'SHOUT' to 85258**, open 24/7

Samaritans provide mental health support on 166 123, open 24/7

Kooth, mental health support for 11-25 year olds: www.kooth.com

YoungMinds, provides advice and information about youth mental health issues: www.youngminds.org.uk

What's Up With Everyone?

<https://www.youtube.com/watch?v=H4cN19Wli3A>

<https://whatsupwitheveryone.com>

NHS Every Mind Matters – Mind Plan

<https://www.nhs.uk/oneyou/every-mind-matters>

Mental Health Apps



**Feeling Good:
positive mindset**
Audios for Stress & Depres...

OPEN



Feeling Good Teens
Positive Mental Training

OPEN



Hub of Hope
Chasing the Stigma

OPEN



Stay Alive
Grassroots
Suicide Prevention

OPEN



what3words
what3words Ltd.

OPEN



Loads of useful apps

<https://www.nhs.uk/apps-library/category/mental-health>

Artists Credits

With special thanks to these artists who gave permission for their art to be included in this presentation:

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