

— The —
**Wellbeing
Hub**
— from Teen Tips —



World Mental Health Day

10th October 2025

To celebrate World Mental Health Day we've gathered a variety of resources to support your whole school communities mental wellbeing.

Additionally, we have student posters available for you to print and display throughout your school. This week aims to empower, equip, and amplify the voices of all children and young people.

[Download pupil posters here](#)

#WorldMentalHealthDay



Anxiety resources

- [Anxiety Guide: Supporting young people with feelings of anxiety](#)
- [Seven tips for overcoming social anxiety](#)
- [Stop and breathe: Tips for reducing anxiety](#)
- [Restorative yoga to help reduce stress and anxiety](#)
- [Box breathing technique to reduce anxiety and stress](#)
- [Supporting pupils with anxiety: your questions answered](#)
- [Webinar recording: Managing worry, stress, and anxiety in pupils](#)
- [The 5-4-3-2-1 breathing method for anxiety](#)
- [Stress strategies](#)



Self-esteem resources

- [Perspectives: offering yourself compassion](#)
- [The connection between self-esteem and social media](#)
- [Self-esteem and building positive friendships](#)
- [Building blocks of belief: A guide to fostering self-esteem](#)
- [Identity attached to mental illness and young people's self-esteem](#)
- [How to build self-esteem in children and young people](#)
- [Skin health and self-esteem by Holly Mason, The Skin Investment Clinic](#)
- [How identity impacts self-esteem with Fiona Yassin Founder and Clinical Director at The Wave Clinic](#)
- [The healthy selfie: how to like yourself in the digital age](#)



Mindfulness resources

- [Rest and restore](#)
- [Acceptance – Practising self love](#)
- [Creating calm in a busy day](#)
- [12 minute stress relief with Rosie](#)
- [Building strength through breathing](#)
- [Breathe](#)
- [Restorative yoga to help reduce stress and anxiety](#)
- [Mindful activities](#)
- [Mindfulness](#)

Friendships & relationships

- [Understanding and supporting children's friendships](#)
- [Nurturing friendships: A guide for parents](#)
- [Unhealthy VS healthy friendships](#)
- [The 3C's to a healthy friendship](#)
- [13 minute guided meditation: friendship](#)
- [Supporting young people through friendship conflicts](#)
- [Let's talk relationships and friendships for ages 11+](#)
- [Relationships for ages 11-18](#)
- [Setting boundaries with the Relationships Dartboard Model](#)





Mental health resources

- [Mental health matters](#)
- [Mental health for ages 12-15](#)
- [Understanding the link between movement and mental health](#)
- [Top tips for protecting your mental health](#)
- [Techniques to help promote better mental health](#)
- [Mental health quiz: ages 10-18](#)
- [How our internal dialogue impacts our mental health](#)
- [Our top tips for looking after your mental health](#)
- [Mental health and wellbeing CPD course for staff](#)
- [Steps to take when social media affects your emotional wellbeing](#)

Resilience resources

- [Building resilience in children and young people](#)
- [Feeling low? Here are some tips to boost your mood!](#)
- [Thinking traps: tips and solutions](#)
- [What resilience really means](#)
- [Building emotional resilience in children and young people](#)
- [The future of work: Building resilience in our children to maximise their opportunities](#)
- [How stories and fairy tales help children develop resilience](#)

