

Keeping emotionally buoyant in challenging times

Resources for parents and young adults

The following self-directed courses are being offered for FREE by

THIS WAY UP

until April 30 2020

Coping with Stress Course



<https://thiswayup.org.au/how-we-can-help/courses/coping-with-stress/>

TeenSTRONG

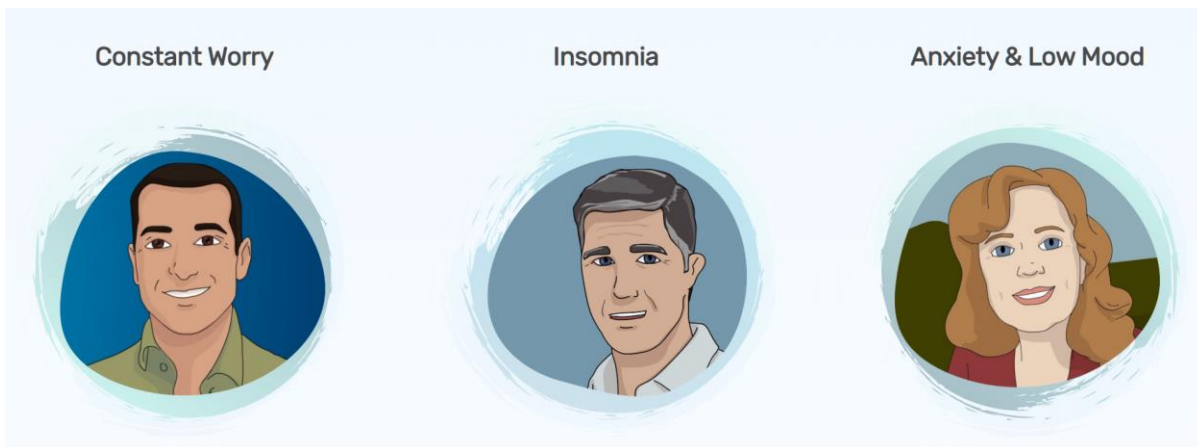


<https://thiswayup.org.au/how-we-can-help/courses/teenstrong/>

Student Wellbeing



<https://thiswayup.org.au/how-we-can-help/courses/student-wellbeing/>



Constant worry:

<https://thiswayup.org.au/how-we-can-help/courses/generalised-anxiety-disorder/>

Insomnia:

<https://thiswayup.org.au/how-we-can-help/courses/managing-insomnia/>

Anxiety and low mood:

<https://thiswayup.org.au/how-we-can-help/courses/mixed-depression-and-anxiety/>

Stress related to Covid19:

Getting Through

Click below to download guided workbooks with practical tips and strategies that can support your emotional well-being during times of stress and uncertainty.

Calming Your Emotions



Knowing What to Say



Focusing on Solutions



<https://covid19.thiswayup.org.au/>



Listen to the **THIS WAY UP staying on track** audio

https://covid19.thiswayup.org.au/wp-content/uploads/2020/04/THIS-WAY-UP_Staying-on-Track-Audio-Guide.mp3

with downloadable resource pack:

https://covid19.thiswayup.org.au/wp-content/uploads/2020/04/THIS-WAY-UP_Staying-on-Track-Resources-Pack.pdf

THIS WAY UP is a non-profit initiative sponsored by the Australian Government and CRUfAD at St Vincent's Hospital, Sydney. CRUfAD is part of the UNSW Faculty of Medicine & Psychiatry.

THIS WAY UP offer effective evidence based courses on wellbeing. These courses are online and self-navigated so that you can do them at your own pace.

During covid-19 **THIS WAY UP** are offering these courses for FREE until April 30 2020

Please look at the many options above and feel free to sign up for your own emotional buoyance!

<https://thiswayup.org.au/>

