



Session 4: Beautiful Minds

Beating stinking thinking – Statistics are provided from our charity partner headspace

It is generally well accepted that females experience greater levels of depression than males. While males are more likely to suicide, females are more likely to be depressed, be anxious, and self-harm.

Research shows that girls experience more stress than boys, ruminate more than boys and have a more negative cognitive style than boys. (We call this cognitive style stinking thinking)

This is a hard hitting workshop that will address mental health, helping girls tackle negative cognitive style (stinking thinking) in a positive way that can inoculate them against depression and anxiety, and increase wellbeing and happiness.

Workshop participants will learn:

- What mental health issues girls suffer with the most and how to know if you are in the grips of depression.
- Why do girls self harm and ways to help prevent this

- Simple strategies to banish stinking thinking and boost wellbeing

What can I expect if I participate?

- A positive learning experience about mental health and how to best equip yourself against it.
- Ways to seek assistance if you are in need

Easy-to-implement strategies for building greater resilience, positivity