

YouTube video clips for Mental Health support websites

The following are also available to watch on YouTube Videos for further learning:

➤ **“Therapist Aid”** website (<https://goo.gl/E9w25e>)

- ✓ What is CBT?
- ✓ ABC model of CBT
- ✓ CBT technique: Behavioural Activation
- ✓ What is Depression?
- ✓ How to do Deep Breathing
- ✓ How to do Progressive Muscle Relaxation



➤ **“Get Self Help”** website (<https://goo.gl/hT4xUQ>)

- ✓ What is CBT?
- ✓ Find meaning and live a life of purpose
- ✓ STOPP – CBT in a nutshell
- ✓ Fact or Opinion?
- ✓ ACE – Achieve, Connect, Enjoy and so on and so forth ...!



Recommendation for Freely available CBT related leaflets & webs

Core theory and practices of CBT can be explored with the leaflets, freely available from the following websites: (URLs & QR codes are the following):

Therapist Aid
<https://goo.gl/AEnaV3>



Psychology Tools
<https://goo.gl/g136qt>



Get Self Help
<https://goo.gl/x3JuLB>



CCI (Centre for Clinical Intervention)
<https://goo.gl/qeavVG>



Additional recommended Ted talk video clips

- **“There's more to life than being happy”** by Emily SMITH (Book, ‘The power of meaning’: Four pillars of meaning - 1. Belonging, 2. Purpose, 3. Transcendence and 4. Storytelling)
<https://goo.gl/HBwvhp>



- **“Everything is connected -- Here's how”** by Tom CHI
<https://goo.gl/udA7fG>



- **“How to achieve your most ambitious goals”** by Stephen DUNEIER
<https://goo.gl/EtHRyM>



- **“How to practice effectively...for just about anything”**
<https://bit.ly/2OhPIJf>



- **“Who are you?: help you move on from whatever holds you back”**
(Ted playlist) <http://t.ted.com/uMMSSfK>



- **“The skill of self-confidence”** by Dr. Ivan JOSEPH
<https://goo.gl/JXmEXC>



- **“Why your self-image might be wrong: Ego, Buddhism and Freud”**
by Mark EPSTEIN
<https://bit.ly/2AGDp7q>



Recommended videos for parents/carers/guardians (to share with YP)

- **“Healthy Habit”** (re. tic disorder but applying to all YPs)

by Dr John T. WALKUP <https://goo.gl/sbhHVR>



- **“When Anxious Children Become Anxious Adolescents”**

by Dr John T. WALKUP <https://goo.gl/6GedzJ>



- **“3 rules to spark learning”**

by Ramsey MUSALLAM <https://bit.ly/2MIKWdb>



- **“One more reason to get a good night’s sleep”**

by Jeff LLIFF <https://goo.gl/TBjaqL>



- **“Communication and the Teenage Brain”**

by Martyn RICHARDS <https://goo.gl/bjZmZc>

Development happens in late teens to 20’s, particularly the following parts:

1. Prefrontal lobe (vs Amygdala), hence teenagers tend to respond to events ‘emotionally’ rather than ‘rationally’.
2. Cerebellum links with higher thought, hence exercise stimulates learning and motivation of something like music, philosophy etc.



- **“The Mysterious Workings of the Adolescent Brain”**

by Sarah-Jayne BLAKEMORE <https://goo.gl/2529vo>

The functions of Prefrontal lobe are: (1) decision making, (2) planning, (3) inhibiting inappropriate behaviours, (4) social interaction, (4) self-awareness, (5) taking someone’s perspective into account, etc.



- **“After watching this, your brain will not be the same”**

by Lara BOYED <https://goo.gl/HLMcuh>

