

UWE Resilience and other short films:

The University of the West of England has produced a series of general information videos helping you to understand what Personal Emotional Resilience is and how you can improve your own resilience, as well as dealing with Panic Attacks, and managing anxiety at lectures, when with friends, in crowds, and at exam time.

1 - Emotional Resilience Skills PAL Co-ordinated: A short (3-minute) film outlining peer-led workshops with a description of Mental Wealth and the 7 skills in detail.

https://www.youtube.com/watch?v=LX_FsKbwa6w&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx&index=6

1A - (Same content in Tutor Co-ordinated film)

https://www.youtube.com/watch?v=fintDvdE4Pk&index=2&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx

2 - Panic Attacks - A short film describing what happens when we have a panic attack explaining why students get them and actions to take when they do.

https://www.youtube.com/watch?v=ulnn71R29ms&index=3&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx

3 - Coping with Anxiety at University Lectures - A short story describing a student's actual experience at university and how it affected her personally.

https://www.youtube.com/watch?v=Fle7ZPIxRM&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx&index=4

4 - Coping with anxiety at University Friends - A short film about a student who experiences anxiety for the first time and is helped by his friend who explains it and normalises the student's experience.

https://www.youtube.com/watch?v=Ow4K58Rga-8&index=6&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx

5 - Coping with anxiety at University 3: Crowds - A short film about a student who experiences anxiety whilst moving around the campus through large crowds.

https://www.youtube.com/watch?v=5QJwAjoSP6k&index=5&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx

6 - Coping with anxiety at University Exams - A short story describing a student's experiences of stress and anxiety at university whilst studying in the library and how it affected her personally.

https://www.youtube.com/watch?v=MtQbMmJGj8M&index=1&list=PLdxx_CsFYRDTQjnY0SjN77hdPOCKHjXkx