



## Amy's Inspire Story

Amy was referred to the Inspire Project by her school due to anxiety and self harm. At initial assessment, she expressed a desire to look at improving her confidence and finding ways to manage her anxiety. She recognised that her self harming was a way to manage that anxiety, but wanted to find a better way.

Amy's sessions began in November 2023. In the first instance, she and her counsellor looked at how anxiety manifested in her - in Amy's case, this was her feeling sick and getting more angry at those around her. The work then moved to look at her triggers. Since Amy is in Year 11, she was quick to identify that change and exam stress were two of her biggest triggers.

As a result of this, Amy worked hard with her counsellor to practise and identify strategies to help her manage this stress - both in her exams and personal life. These included distraction techniques and tactile solutions such as snapping a bobble on her wrist and the use of fidget toys. She and her counsellor also created a list of go-to sources of comfort and support; Amy identified her family, her social circle and her hobbies as her top ones.

Since her mock exams were approaching, Amy requested for her counselling sessions to be extended, recognising that she valued being able to touch base and continue to practise the strategies discussed so far. She continued to show commitment to managing her stress, and reported feeling less anxious during the mocks themselves.

Amy's sessions came to an end in March 2024. Although there are still some stressful things going on in her life regarding family, she feels more able to manage that stress and feels less anxious than when she first started. When asked how she found the sessions, Amy said "I found my counselling really helpful. I liked it because it made me feel comfortable."

Amy is really looking forward to her Year 11 prom and loved the idea of Motherwell's Fairy Prom Mother scheme. She hopes to attend one of our pop-ups in the near future.