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HANG 5

We all aim to develop resilient young people. Sometimes there are situations that young people are faced with which can be hard to handle.. without stressing out fully!

It's important that young people learn how to cope with negative situations and the associated stress in a healthy way.

HANG 5 is a concept which encourages young people to take 5 minutes out of their day (each day if they can) to see how they're going...to think about how they are coping with everything that's going on around them and most importantly **WITHIN THEM!**

HANG 5 also is about 5 areas of life that require attention to keep feeling good and to be reminded of what's important. These 5 FOCUS AREAS require attention when we feel stressed out and also when feeling great. This approach enables young people to continue feeling capable of tackling life situations – both positive and negative.

The FIVE focus areas are:

1. MIND,
2. EMOTIONS,
3. HEALTH & FITNESS,
4. CONNECT (with others), and
5. LEARN.

The **HANG 5 workshop** is interactive and introduces students to the topics of confidence and self esteem, emotional intelligence, resilience and being positive.