

# Offer tools to manage anxiety

Introduce students to resources and tools that can help them manage their anxiety or feelings of being overwhelmed or stuck.

- ✓ [SPARX](#) is a gaming-style tool from the University of Auckland. SPARX helps young people learn skills to build resilience, and to power through stressful and negative emotions.
- ✓ [The Lowdown](#) is a space created with rangatahi, for rangatahi. Supports hauora, identity, culture and mental health.

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