**Name:**

**MESH Challenges Tutorial**

The following are three of the common MESH Challenges that our campers exhibit while at camp.

Anxiety

1. What are some signs of anxiety
2. **“1 in 5 people have anxiety to a degree.”**
3. What are two ways that we can help our campers with anxiety according to Jonas Kolker?

 ADHD

1. What does ADHD stand for?
2. What is ADHD?
3. How does a person with ADHD feel and act?
4. What are the 4 types of ADHD:
	1. Type 1
	2. Type 2
	3. Type 3
	4. Type 4
5. What are the pros of ADHD?
6. What are the cons of ADHD?
7. What can you do to help campers with ADHD?

Lack of Self Confidence

1. What are the whispers that destroy self-confidence?
2. What are 2 keys to self-confidence:
3. Why is self-confidence important?
4. What two other child/teen issues could be solved with self-confidence?
5. Say      , not I can’t. Tell yourself that you are      . Be      . Be      .