



# Helping Me

A little bit of self help



## Helping Me

- Sometimes life just gets on top of us and we feel pressured, anxious and stressed. Wouldn't it be nice to click our fingers and make everything go away and life is lovely.
- Unfortunately, we can not wave a magic wand, but we can do some simple and effective self help exercises that will take our mind off things for a while and give our brain some 'breathing space'.



## Helping Me

- What sort of things get you stressed?
- Friends, family, exams, fitting in, not meeting other people's expectations, self image, being told what you can and cannot do.....the list goes on.
- Growing up and changing from a child into an adult is complicated not just in a biological sense but a psychological sense too.
- Talk to your partner about how you cope with stress or feeling pressured or anxious.
- What do you do to change your mood and thinking?



## Helping Me

- Being able to plan all the things in your life and give equal time to the important bits creates less stress and pressure.
- Think of sat nav or Google Maps, they take away the worry of a journey, give you the best route, no stress about who reads the map and gives directions and guides you to your chosen destination.
- The things you need before your journey;
- Starting point, destination and how long to give to the journey. Along the way your sat nav/google maps will re-calibrate if there are road works, jam or accidents.
- Think about creating your own personal sat nav to balance; school, job, homework, coursework, hobbies, social, revision.....

# Helping Me

- It's the detail that counts.
- Imagine you are going out with friends to a party, discuss with the person next to you what steps you would take to prepare, get ready and meet your friends.
- The method is the same with busy lifestyles or schoolwork, planning ahead and thinking about all the factors that could affect you is so important and will factor out a lot of the worry and stress.



## Helping Me

- Plan with small steps;
- Decide on what small steps you should take towards a bigger goal
- You can not do everything at once
- Try to anticipate those things that could get in the way
- Be prepared for mistakes but think of it not as failure but another opportunity to learn
- No such thing as failure, it is only another chance for feedback

mistakes  
are proof that you are  
**TRYING**

# Helping Me

- Keep things simple;
- Always have a dream/ambition, write it down and use it as a daily reminder
- Take breaks away from work to refresh
- Be prepared to say 'No' to others and think of yourself
- Break your ultimate ambition, aspiration or dream into manageable chunks so it does not seem so daunting
- Prioritize what you want to achieve; When will you achieve it? How will you go about it? Who will help you? What do you need to be successful?
- Ensure you think SMART; Specific, Measurable, Agreed/Applicable to you, Realistic/Recorded and Time phased



## Helping Me

- Think about these sayings and how they apply to you being strong and resilient;
- “Don’t go looking for sticks to beat yourself with”
- “Tough times don’t last but tough people do”.







## Helping Me

- Remember;
- There are people around you who you can trust and who love you no matter
- There are people in your life who will protect you and set limits before you experience danger or trouble
- There are people who will show you right from wrong and develop your 'moral compass'
- There are people who want to help and see you succeed in being the best person you can be

## Helping Me

Remember;

You are a person who is liked and loved

You are a good person capable of doing nice things and show your concern for others

You are a person who has respect for yourself and others

You are willing to be responsible for what you say and do

You are a positive person who will work hard to make sure things turn out right

how do you spell love?



you don't spell it -  
you feel it.

- pooh

# Helping Me

- Remember;
- You can talk to trusted adults or friends about things that frighten or bother you
- You can control yourself when you feel like doing something risky or dangerous
- You will know when it will be a good time to talk to someone or take action about issues you may experience in your life
- You will find someone to help you through difficult times



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- Even nature shows us signs of when to be tough, resilient and not to give up. Look at the following slides for some inspiration;



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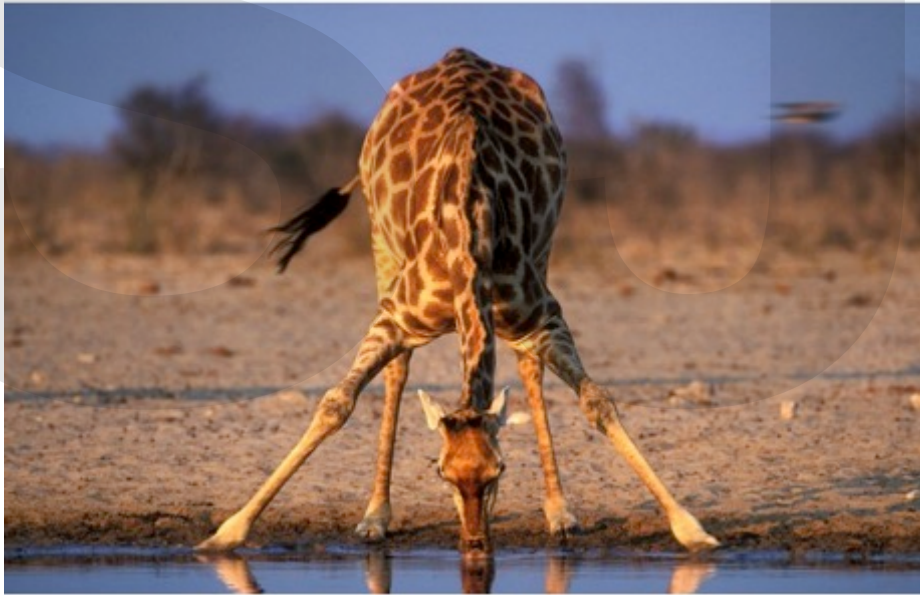


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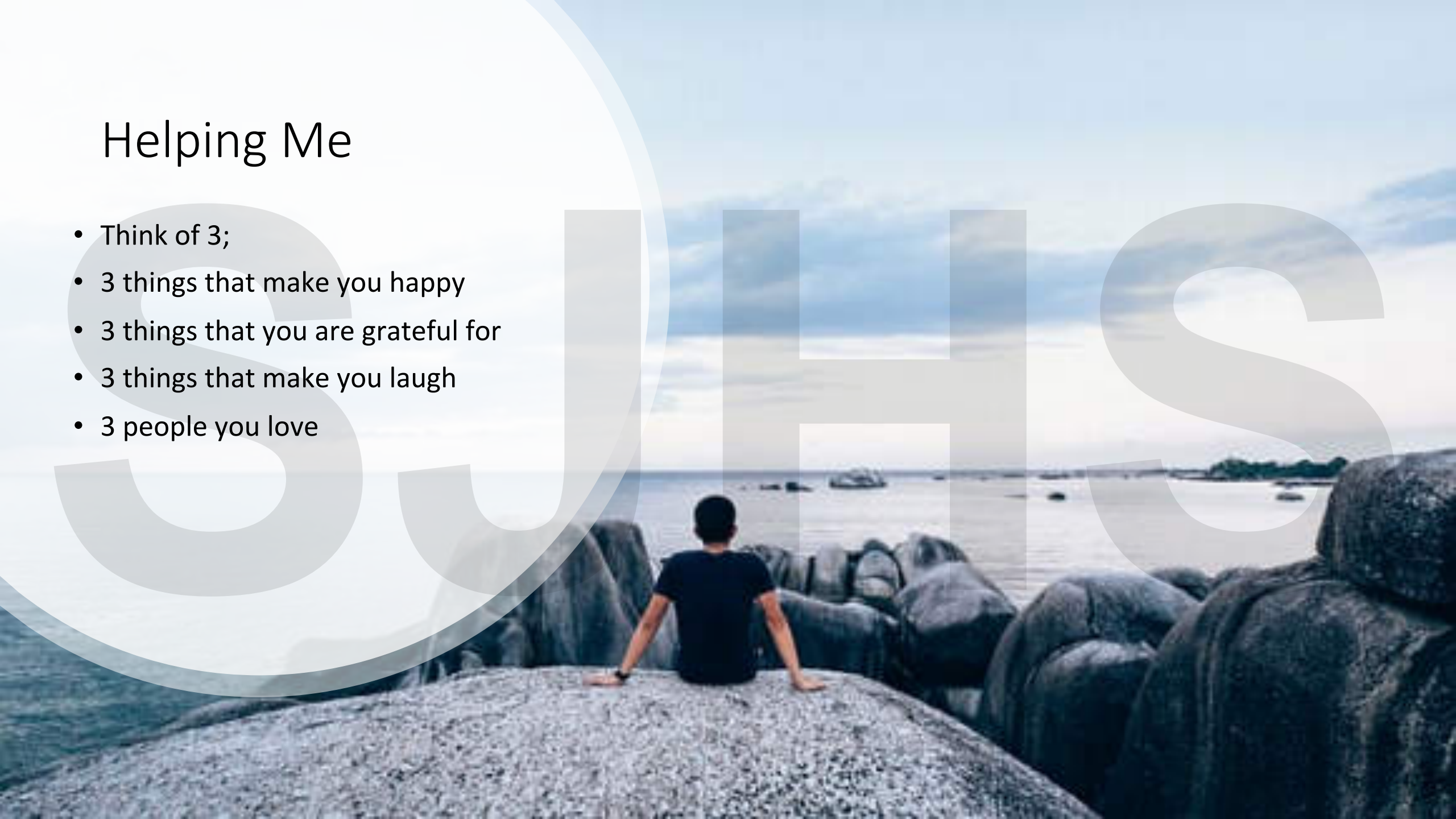
# Helping Me



# Helping Me

- Think of 3;
- 3 things that make you happy
- 3 things that you are grateful for
- 3 things that make you laugh
- 3 people you love

3  
J  
H  
S







# Helping Me

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- Close your eyes.
- Think of your safe place or a place that inspires you or makes you happy;
- What do you see?
- What do you hear?
- What do you smell?
- What do you feel?