



# Self-help and helping others

'We love you'

A Prayer for

# My Friend

I thank you, *Lord*, for giving me  
such a wonderful *true friend*.  
You knew how much *I'd need one*,  
and *You knew* just who to send.

*A true friend* who is always there  
with willing *helping hands*.  
*A shoulder* I can lean upon  
and *a heart* that understands.

*Bless my special friend* who gives  
so much love so willingly  
and bless me too, *dear Lord*, I pray  
an equal friend to be.

Ron Trummer

## Self-help and helping others

- Please take a moment to gather your thoughts and emotions.
- With loved ones, your form or on your own focus on the prayer.
- Hold those you love and care for in your hearts and minds.

# MY DAILY EXAMEN

I place myself in the Presence of God, Who is Love.

**1 RELISH** For 5 – 10 minutes I rest in the Presence of God, attentive to my breathing, my need for peace and quiet.

**2 REVIEW** I briefly review the day since I awakened. What drew me closer to God this day? What pulled me away from God this day? What went on within my heart? What was the day like overall?

**3 REPENT** I briefly note and ask for pardon, peace and mercy for those times that I was not the best version of myself, where I fell short being who I want to be, I hurt someone.

**4 REQUEST** I ask the Lord of Merciful Love for assistance, for help in anything small to large. I ask Him to come to my assistance.

**5 RESOLVE** I imagine what I want to live the rest of the day (or tomorrow) like, with God's help and grace. I resolve to do good.

**FINISH** I praise, adore and thank God for the many ways He has been present in, with and near me.

# Self-help and helping others

As we start each new day try and reflect as to what sort of person you are or have been.

Q- Do you genuinely consider others in your thoughts and actions?

Q- Do you always try to be the best you can be?

Q- Are there actions or characteristics you can improve to make your and others' day better?

Use the slide on the left to give greater clarity.



# Self-help and helping others

HELS

- Q- When others need your help how can you reach out to them?
- Share your thoughts in terms of what you would do.
- Q- Being a helpful person and looking out for others means showing what characteristics or actions?



## Self-help and helping others

- Perhaps this 'golden oldie' will help remind you of how important it is to be there for others;
- <https://youtu.be/2YapAxPfRyl>
- Q- What are the key messages from the lyrics?

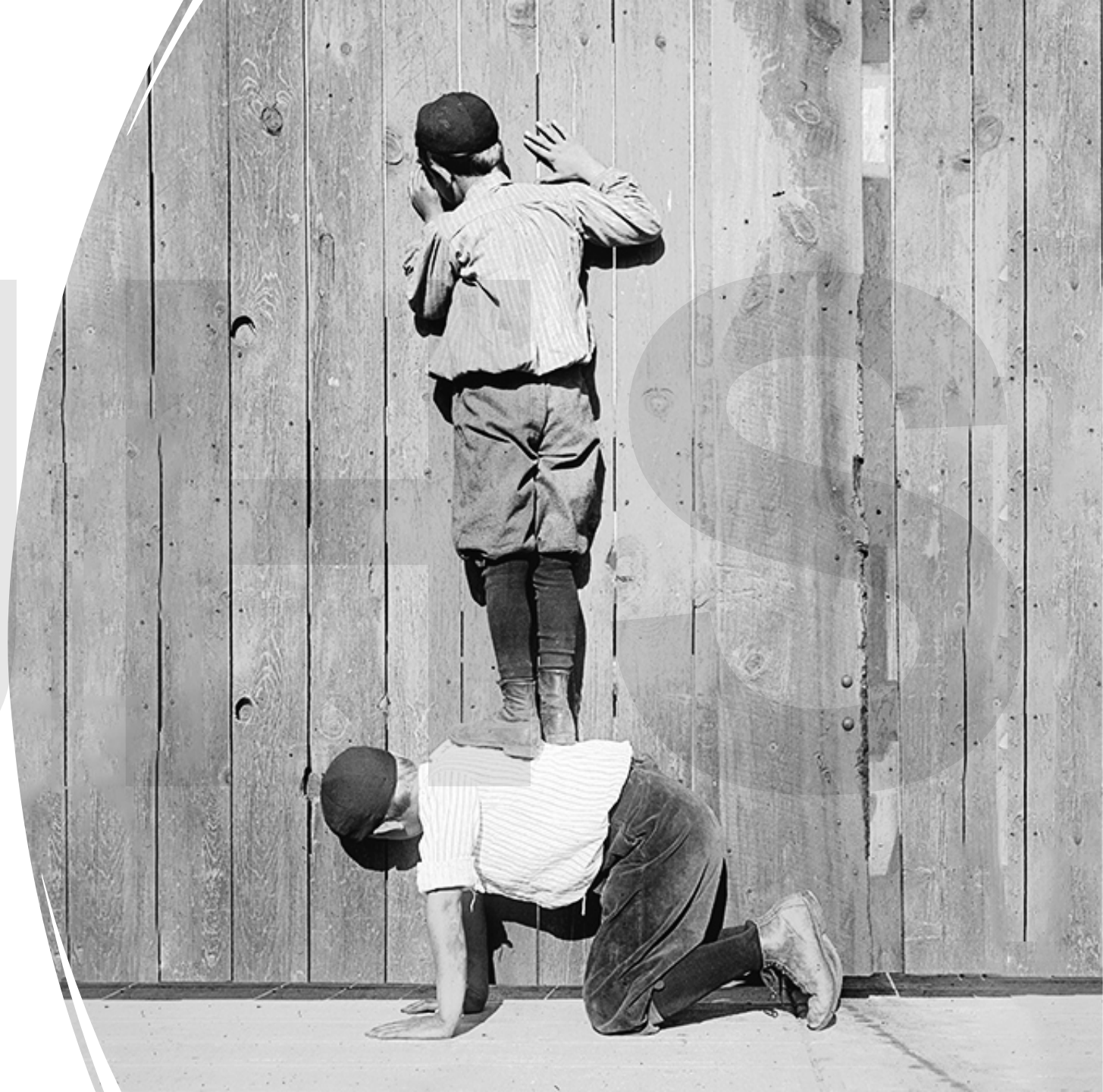
# Self-help and helping others

- So, you are a good friend, family member or neighbour.
- You look out for your nearest and dearest.

Q- What about you?

Q- Do you know how to look after #1?

- Sometimes we can put the needs and support of others before our own and this effects how we regonise personal circumstances.





## Self-help and helping others

For us to have the strength, vitality and commitment to support others we also need to consider our own needs.

Recognising when you need a hug, a friendly message, time out, personal space or an opportunity to talk openly with someone you trust is so important.

# Self-help and helping others

- So let's start small and make a few notes.
- Make a plan.
- Answer the 6 tasks on the right.
- Keep it simple.
- Keep it personal.
- Share if you need to.

## Practicing Self-Care Today

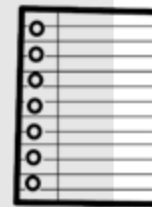


Meet your needs.  
Do one thing  
you've been  
putting off.

Focus on talking  
to yourself in a  
kind and supportive  
way.



Write down three  
things you love  
about yourself or  
your life.



Make a list of  
ways you can be  
nice to yourself  
today.



Make a plan  
for your week.  
Focus on self-  
care, mental  
health or being  
productive.



BlessingManifesting



Do something  
that makes you  
feel calm &  
relaxed.



# Self-help and helping others

- The information on the right is a great way to visualise the + and -.
- Thinking of others and being there for them are fantastic virtues but being mindful of our own needs is crucial too.

Q- How can we help others if we do not help ourselves?

Q- What are your deposits and withdrawals?

## Your Emotional Piggy Bank

### Deposits: Things that Fill Up Your Bank

Set boundaries and stick to them

Know that your value isn't gauged by sacrifice

Value what you can bring to your own life



Receive as much as you give

Separate your self-worth from other's opinions

Do things that make you happy

### Withdrawals: Things that Drain Your Bank

Tying your value to what you give others

Saying "yes" when you want to say no

Letting people take advantage of you

Sacrificing yourself so that people will love you more

Putting other's wants before your needs

# Self-help and helping others

---

- The past year has been an especially difficult one with many obstacles and challenges.
- People have struggled with lockdowns, distanced learning, not seeing family/friends or having to adopt a whole new set of routines.
- Try and use the 8-point plan on the right to give you a daily focus regarding treating yourself well.

Q- Share with others what you might do for points 1, 3 and 5.

## Daily Reminders

1. Be really kind to yourself.
2. Say "yes" to meeting a need.
3. Pay attention to how you talk to yourself.
4. Pause and take really deep belly breaths.
5. Cheer yourself on.
6. Be gentle with your feelings.
7. Do one thing that makes you really happy.
8. Love yourself the best you can.

# Self-help and helping others

- Study the picture on the left.

Q- What fills your stress bucket?

Q- Are you able to recognise the signs when it is filling up or possibly dangerously full?

Q- What are your taps?

Q- Discuss as a group or with a trusted friend what 'taps' work for you.

The short video below will help

<https://youtu.be/ld5JypUYT-o>



# IT'S GOOD TO TALK

Don't wait until you can't cope before you seek help. For good days, bad days and all the in-between days, there are lots of places you can turn to for support.

These organisations all provide free, confidential and impartial support and guidance.

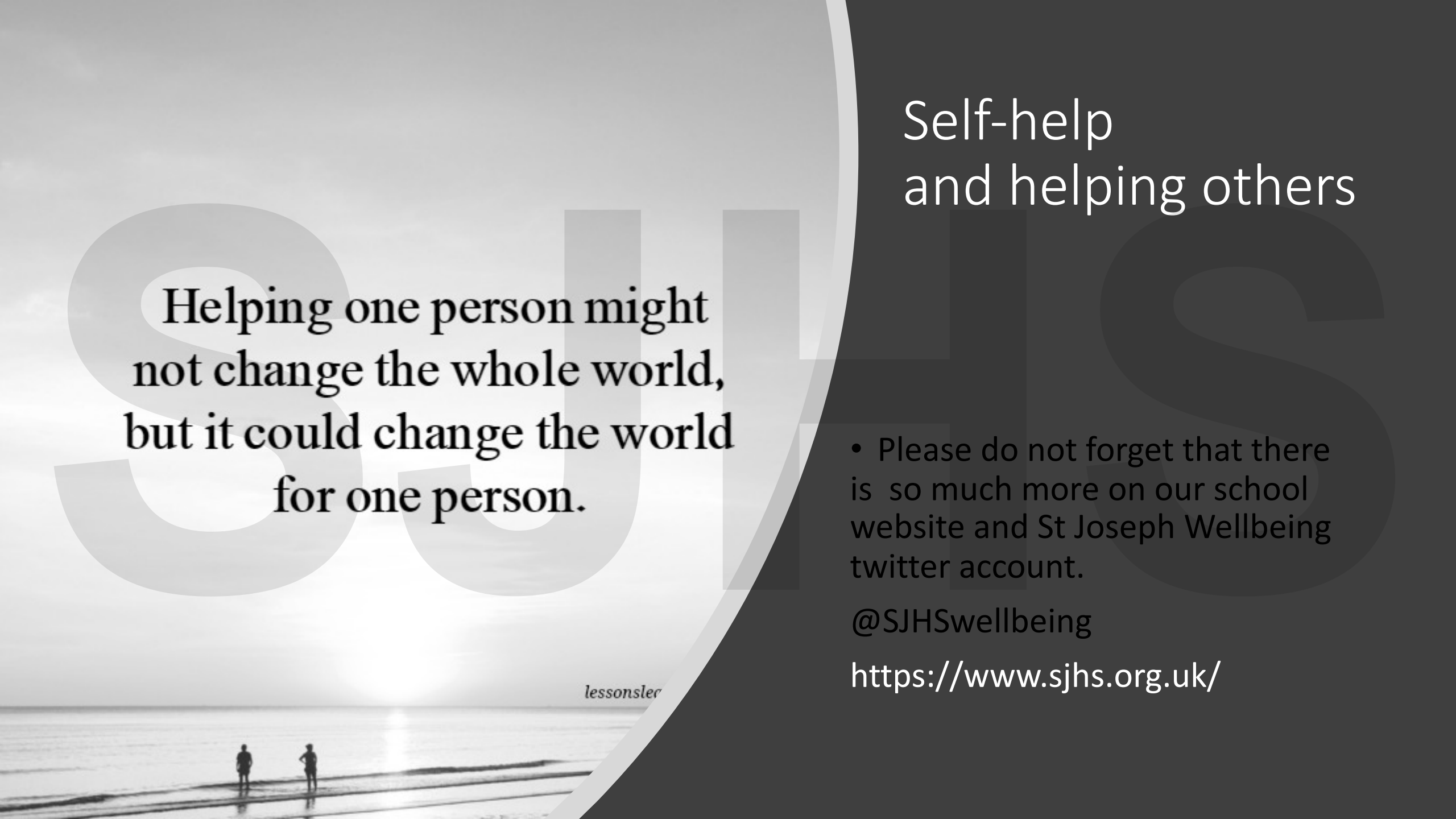


**IT'S ALWAYS OK TO ASK FOR HELP**

## Self-help and helping others

- - The following slides are designed to give additional help if you, a friend or family member need support.
- - Please do not hesitate or be worried about reaching out and talking to someone.
- - Sharing a problem is the first important step in getting the self help you need to feel better or find coping methods.
- - St Joseph's is here too, we love you.





Helping one person might  
not change the whole world,  
but it could change the world  
for one person.

## Self-help and helping others

- Please do not forget that there is so much more on our school website and St Joseph Wellbeing twitter account.

@SJHswellbeing

<https://www.sjhs.org.uk/>