

Strategies to support our mental health and wellbeing:



Make time for things that we enjoy



Eat a balanced diet



Exercise – try to walk everyday



Try to be mindful – notice the little things



Making time to keep in touch with friends and family



Making sleep a priority



Switching Off

Identify Unhelpful Management Strategies, such as:

- Increased caffeine/sugar
- Eating unhealthy food
- Turning down (avoiding) opportunities that you may enjoy and benefit from.

Identify and tackle triggers for stress

Try to identify particular things that trigger you to feel more stressed and anxious. What is it about this trigger that gets to you? Is it fear of failing? Is it a worry about what other people think of you? Sometimes asking yourself “what’s the worst that could happen?” can help identify this.

- Be kind and compassionate towards yourself. Often answering these questions can leave us feeling vulnerable and exposed. Sometimes noticing can be enough.
- Are you falling into “thinking traps”?
- Which are the worst thinking traps that impact you? What would help you notice these?
- Use the below solution-focussed questions to problem solve how to make changes.
- Connect with others about how you feel.
- Consider accessing wider/professional sources of support.

The Miracle Question:

Imagine that tonight, when you are asleep, a miracle happens and your hopes are realised/problems resolved, but because you were asleep you don't realise the miracle has happened. What will you notice that is different about your life that tells you the miracle has happened when you wake up?

Ideally the differences will be:



Create a scale

No Problem

Problem

Think of a time when it has been easier to do whatever it is you are finding challenging – what was happening at the time that made it easier?

Where do you hope to get to on your scale?
What is realistic?

What would it take to move you 1 point towards 'No Problem'?

How would others notice if you succeeded?

Exceptions

• Sometimes it is difficult to think about times when the problem has never been. Can you think of the smallest exceptions? What enabled those to happen? What was different?

Noticing Change and Positive Steps

• What is already working? Could you do more of it?
• Where are you today compared to yesterday/this week compared to last week/this year compared to last year?
• How will you make sure you notice when positive change happens?

Maintaining the Motivation

• Why is it important to you? What difference will it make to your life? How will it affect the lives of those around you?

For more free resources, please visit our website:

www.psychologyassociates.org.uk

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"The quality of the individualised support provided by the agency is excellent"

Ofsted, March 2019