

What keeps us going?

Instructions:

We use this activity a lot in training. We find it helps to engage staff in thinking about their own mental health and how they cope with issues that they face.

- Think of a time when things got tough. It might be a really difficult week – lots of little things building up, having a row with your partner, being given a stressful deadline at work, you lose your phone and your car breaks down. Or it might be a particular event when things got difficult to cope with.
- Now think about what things you do or did to help you cope, to reset yourself, to recalibrate, what are the things that get you through those times. Write up to 3 on the template below.
- If you are doing this in a group, swap cards with someone else and then feed back one from someone else that either resonates with you because it's similar to one you wrote or one that you might try. Try to pinpoint what it is about that activity that helps you cope.
- This is a fun activity for staff, children and parents/carers to do, but once you have identified the strategies that work for you, it also really important to make sure you take time to do them. It is so easy for us to run around tending to the needs of others whilst our needs slip off the agenda. If we keep doing the things that we know keep us going, when times get tough we can feel better equipped.



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You will need:

- Printer
- Scissors
- Pen

YOUNGMiNDS



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