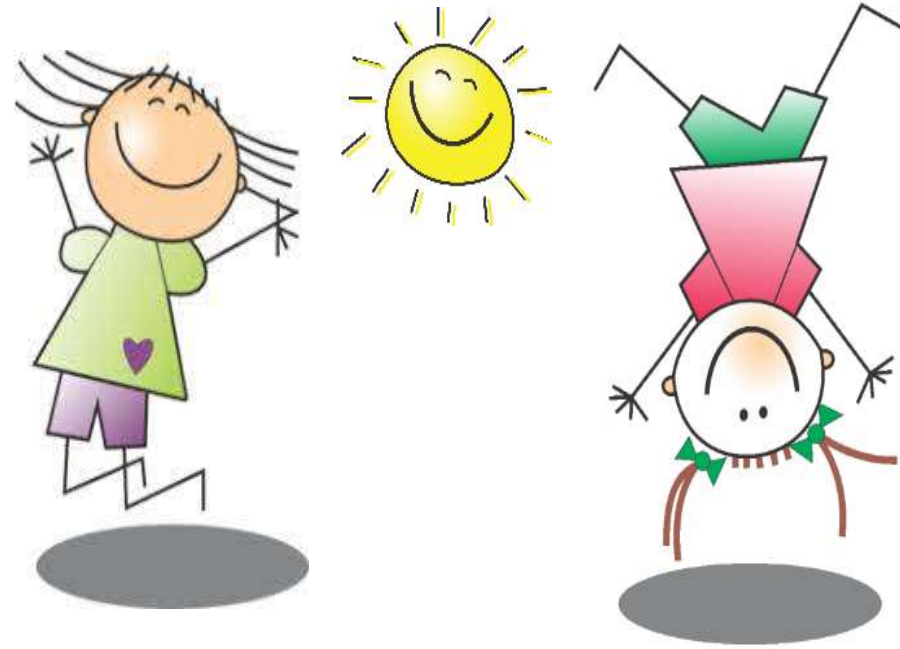


Empowering YOUTH Program



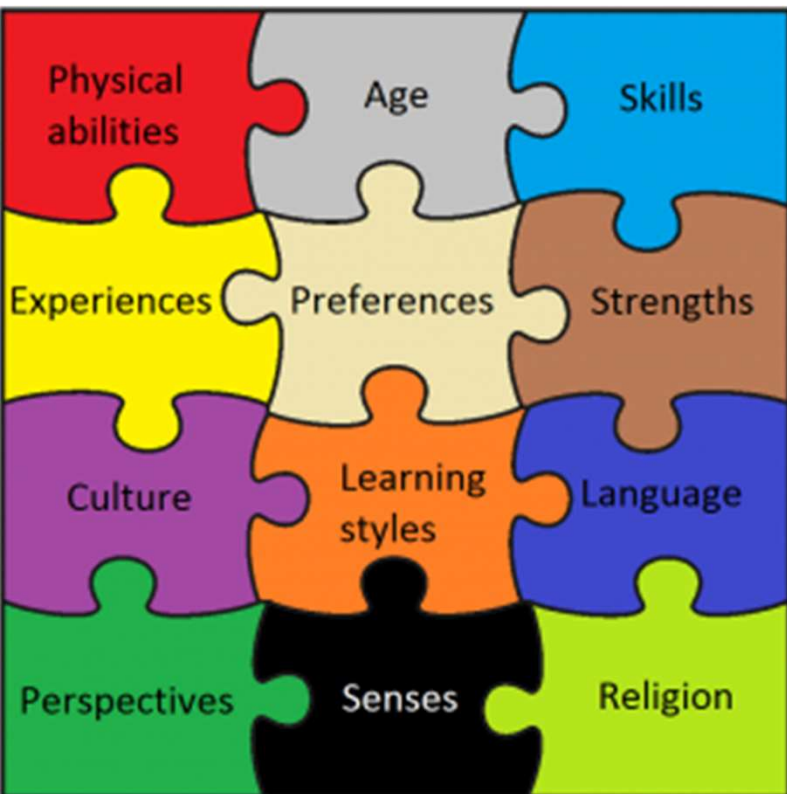
Session 3:

Living well & feeling good

Acknowledgement of Country



Acknowledgement of People with Diverse Abilities



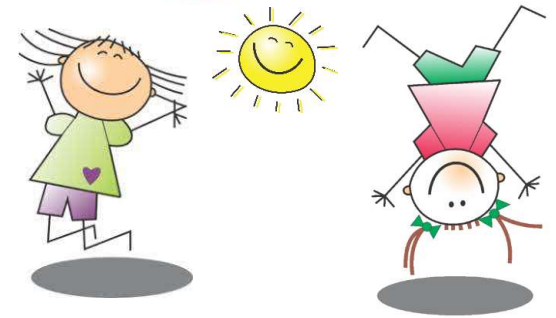
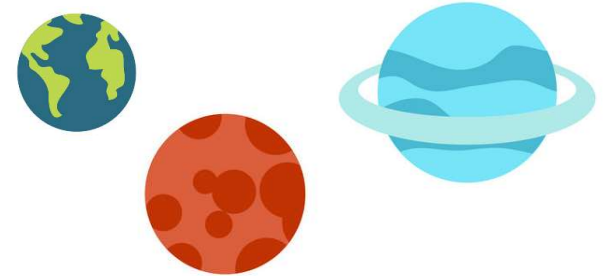
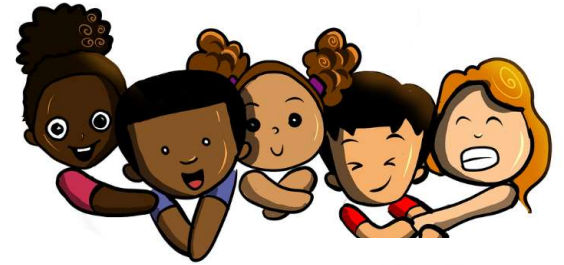
Program overview

Session 1: Coming together & celebrating our diversity

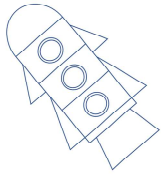
Session 2: Creating our ideal planet

Session 3: Feeling good & living well

Session 4: Celebrating our achievements



Overview of Session 3



1. Who would you take to visit your ideal planet?



2. What is mental health?



3. Good mental health vs a mental health problem



4. Getting help



5. When to get help right away

6. Personal medicines - what are yours?



7. Circles of control

We want more feedback!



Your feedback matters! Please don't be shy.
We will also be 'expert reviewing' more
strategies to calm your brain.

Don't forget ...



Quiet Zone

Sensory Zone



Right to Pass

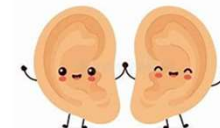
Sensitive Ears

We have lots of sensitive ears.

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

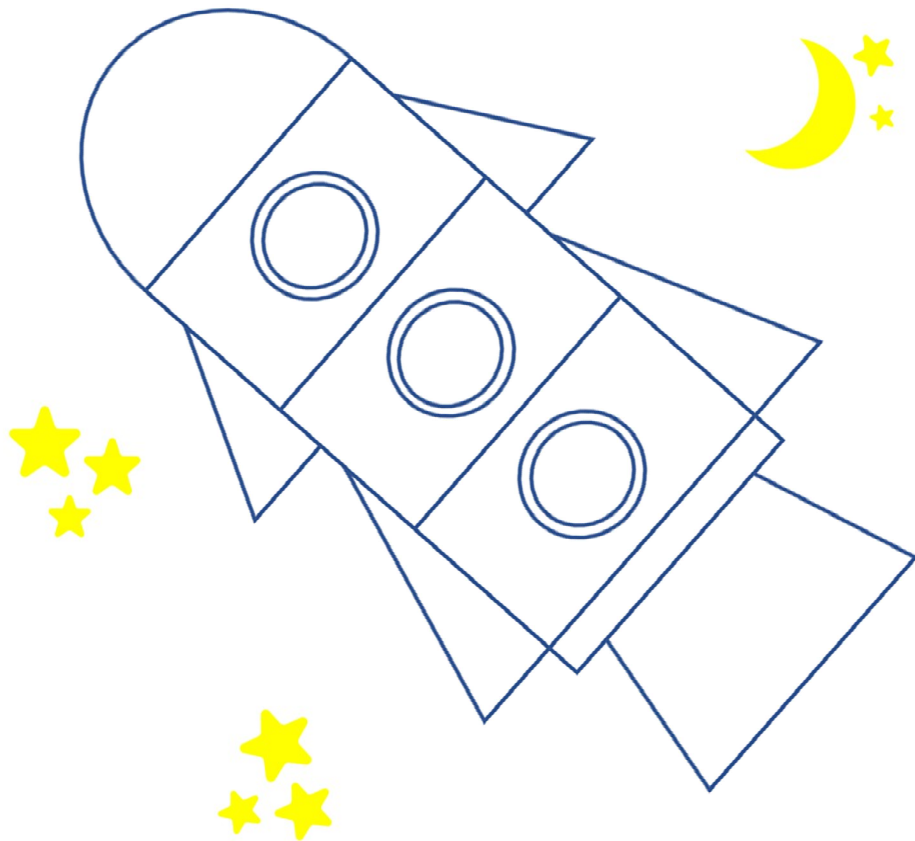
Please remember to:

1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crinkly packaging in the kitchen.



Thank you 😊

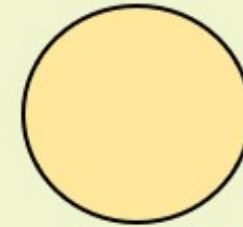
Who would you take on a trip to your ideal planet?



If you had the opportunity to take six of your favourite people to on a holiday to your ideal planet who would you take? e.g. friends, family, people you admire or even pets!

Draw write their names next to the windows of your rocket ship. Use your spare time throughout the session to draw them in and colour / decorate your rocket ship.

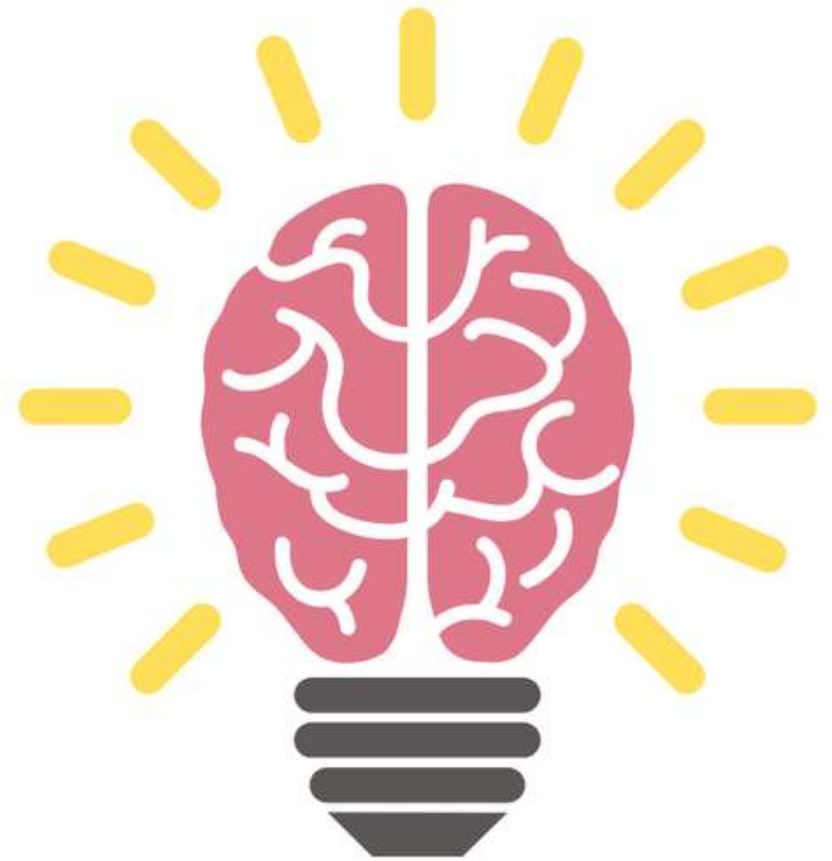
Feelings check-in: How are you feeling?



Draw your own
or choose one
from below.



Mental health & wellbeing



What is mental health?

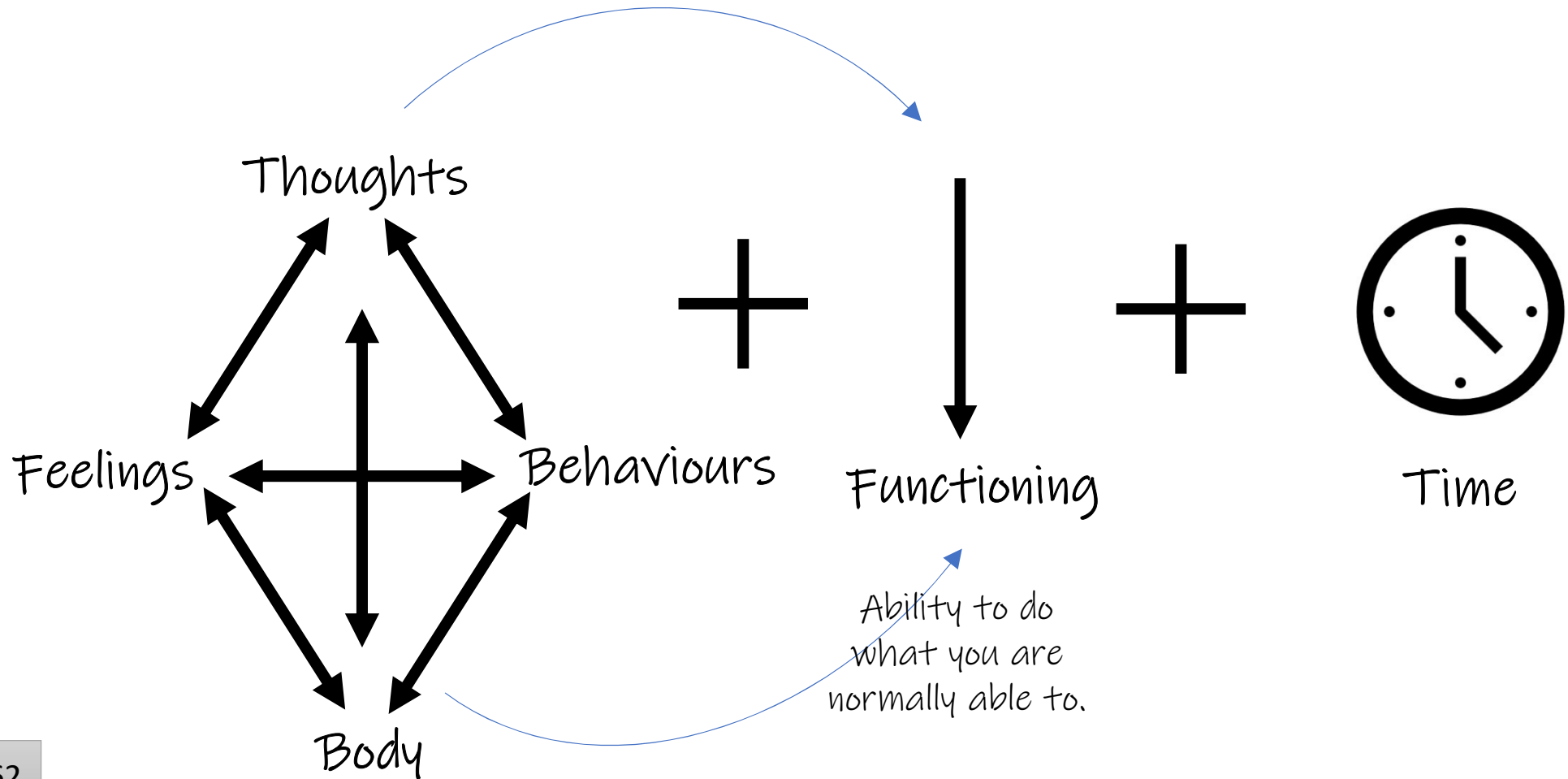
Mental Health Continuum

poor health/problem

good health

Let's do an activity! Read the card you have been given. Position yourself in front of the mental health continuum to reflect the impact on a person's mental health.

What is a mental health problem?



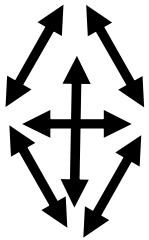
Let's BRAINSTORM!



What does **good mental health** look & feel like?



What does a **mental health problem** look & feel like?



We are going to brainstorm thoughts, feelings & behaviours for both.

What does good mental health Look and feel Like?

Thoughts

Feelings:
Mind & body

Behaviours

What does a mental health problem Look and feel Like?

Thoughts

Feelings:
Mind & Body

Behaviours

Reframing your thinking

FIXED

I'll never be as smart
as that person.

I can't do it.

This is too hard.

I'm not good at this.

I made a mistake.

I give up.

GROWTH

Everyone is talented
in many ways.

I'm still learning.
I'll keep trying.

With more practice
it will be easier.

This may take
some time and effort.

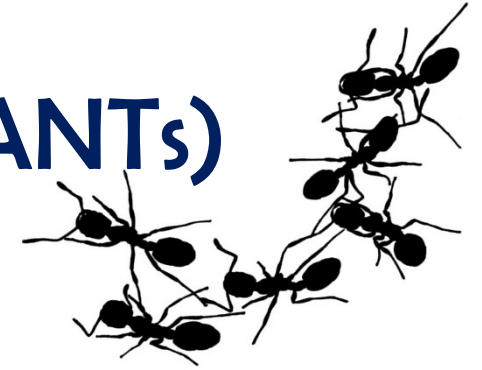
Mistakes
help me learn.

I can try a different
strategy.

Healthy thinking
is positive,
realistic & helpful.



Automatic Negative Thoughts (ANTs)



ANTs are natural.

Some say, we have evolved to use ANTs to stay safe and problem solve.

But ANTs can have a bad impact to our mental health. They are the negative ways of thinking get in the way of us living our life.

ANTs are sticky! They require effort and practise to shift.

We can do this by:

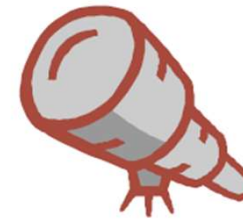
Checking

Catching

Challenging

our ANTs!

The Mental Filter



What is it?

- Some info is “filtered in” and other info “filtered out”.
- We focus only on the negative parts.

How can we challenge it?

- Consider the whole picture or other possibilities
- Ask yourself:
 1. Am I taking everything into account?
 2. What else is going on that I am ignoring?

Jumping to Conclusions



What is it?

- Assuming that you know what someone else is thinking.
- Assuming that you know what is going to happen.

How can we challenge it?

- Ask yourself:
 1. How do I know this?
 2. What is another explanation for this?
 3. If I wasn't feeling anxious or sad, would I still think the same thing?

Taking things personally



What is it?

- When you think it's your fault for things that happen outside of your control.
- You blame yourself – even when you may only be partly responsible or not responsible at all for what happened.

How can we challenge it?

- Think through all of the causes. (Remember the Circles of Control?)
- Ask yourself:
 1. Was this really all my fault?
 2. What other things affected what happened?

Catastrophising (thinking the worst)



What is it?

- When you imagine the worst possible outcome, that is also very unlikely to happen at all.
- Thoughts often start with “what if ...” and get dark pretty quickly.

How can we challenge it?

- Ask yourself:
 1. What are all the possible outcomes – the best, worst and most likely?
 2. Am I jumping ahead of myself?
 3. How important is this?
 4. How likely is it the worst outcome will occur? Could I live with it anyway?

Rigid Thinking



What is it?

- Everything is either
 - 'right' or 'wrong'
 - 'good' or 'bad'
 - 'win' or 'lose'

How can we challenge it?

- Ask yourself:
 1. Am I thinking its either one way or the other?
 2. Is there an in-between where things are not perfect but not a disaster?
 3. Practice accepting things that are not one way or the other.

“Should” and “Must”



What is it?

- Using “should” and “must” in a way that leads to expectations that are unrealistic.
- Often leaves you placing too much pressure on yourself.
- Result is that you feel guilty or disappointed.

How can we challenge it?

- Ask yourself:
 1. Is this a rule I have made for myself that is unrealistic?
 2. Practice using the words “could” or “would have liked to” instead of “should” and “must”.

Name calling



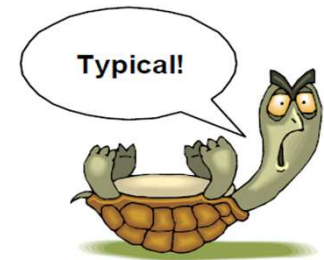
What is it?

- Calling ourselves names (or others) based only on one situation.
- All other information (or positive situations), are ignored.
- E.g. "I am such an idiot!"

How can we challenge it?

- Judge the situation, not yourself (or the person).
- Ask yourself:
 1. Does this reflect how things always are?
 2. Are there examples where this hasn't true?

Saying this always happens



What is it?

- Taking ONE instance of something happening and then assuming the same thing will happen for ALL future situations.
- E.g.
 - “This is just so typical”
 - “Things never turn out for me”
 - “Everyone’s like that”

How can we challenge it?

- Be specific and fact check yourself.
- Ask yourself:
 1. Does this apply to all situations or am I overgeneralising?
 2. What are the facts and what is me making an assumption?

Making a big deal of others and yourself feel small



What is it?

- When you make a big deal out of the good things you see in other people and making yourself feel small.
- "Oh, that doesn't count, I was just lucky"
- "They don't really mean it, they were just being nice."

How can we challenge it?

- Acknowledge the good things about you!
- Practice accepting complements.



Mental filter



Jumping to Conclusions



Taking things personally



Catastrophisation



Rigid thinking

Do you identify with any of the ANTs?



Saying this always happens



Name calling



"Should" and "Must"

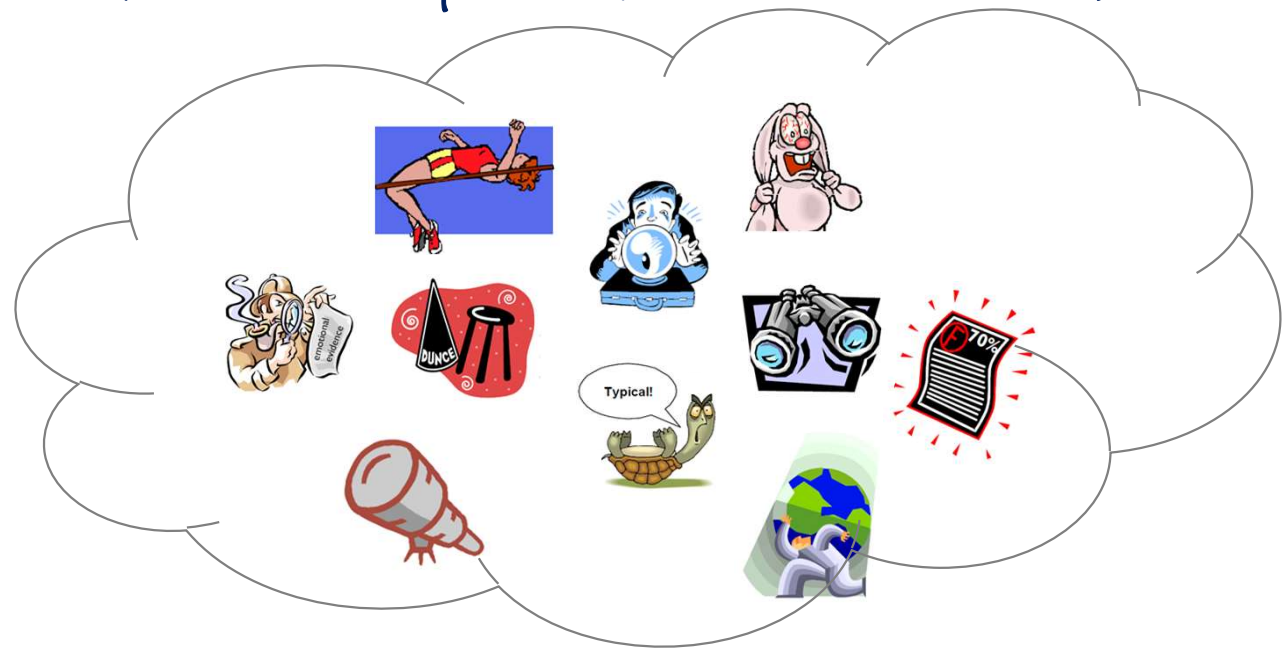


Making a big deal of others

Hot tip for dealing with ANTs

Practice catching your thoughts!

Ask yourself: "If I was giving advice to someone I care about, what would I say?" Then take your own excellent advice.



SNACK



Recap

- Mental health as a continuum
- What good mental health looks and feels like VS what a mental health problem looks and feels like
- Reframing your thinking to support your mental health

Up next

- Getting help for a mental health problem – why it's important and what some of the barriers are
- When to get help right away and what to expect if you are getting help
- Some of these topics bring up big emotions ...



Getting help





Getting help

If you - or a friend - is experiencing a mental health problem, it's important to get help.

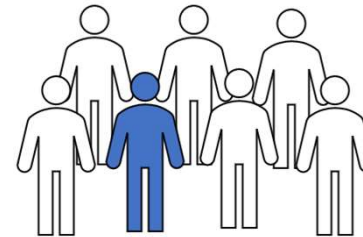
This often starts with reaching out to someone that you trust who can help you to connect with professional support. This can feel like a **BIG** step and it's not always easy. It's even harder to do when you are not feeling yourself.

But it is worth it. It's always better to get help early, than wait until things get worse.

There is no shame in getting help

Mental health problems are common:

Affect 1 in 7 young people



Sadly, there is still stigma in the community about mental health problems. Stigma sucks - we hate it!! Stigma is one of the reasons lots of people who need help, don't reach out.

Young people are more comfortable talking about mental health, which is great! Stigma might finally get eliminated.

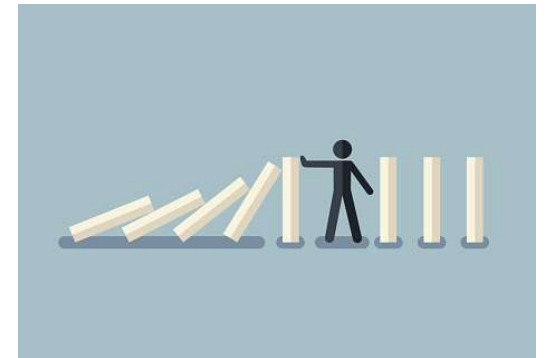
There is no shame in getting help

If you had a broken arm, you would get help. Think of getting help for a mental health problem the same way.



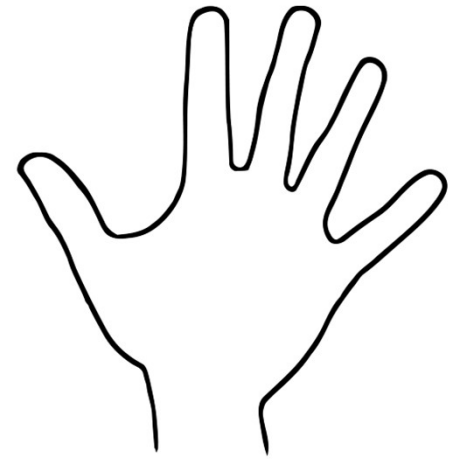
Getting help early makes a difference:

1. It prevents problems getting worse
2. It makes it less likely you will experience problems in other areas of your life



Who are your five go to people?

It's always better to think when you have a clear head! Think of 5 people that you trust and could go to for help if you – or a friend – had a mental health problem.



Hints:

- Try to include at least 3 adults on your list.
- Try to think of a variety of people so that there is at least one you can reach any day of the week or time of day.
- Think about the people you choose for the rocket ship activity, are any of those people suitable?
- If you can't think of people are there services that you can think of instead?

Who are your five go to people?

If you had trouble thinking of five people, you might want to include some of the following services on your list:

Kids Helpline

- Phone: 1800 55 1800
- Webchat: www.kidshelpline.com.au



eHeadspace

- Phone: 1800 650 890
- Webchat: www.headspace.org.au



When to get help right away!

Some mental health problems are more urgent than others.

The most urgent is when someone is at risk of harm. This can be risk of harm to themselves, or risk of harm to someone else. We call these 'crisis situations':

- Having thoughts of suicide
- Engaging in self-injury
- Experiencing bullying or abuse
- Misusing in alcohol and drug use (& are under 18 years old)



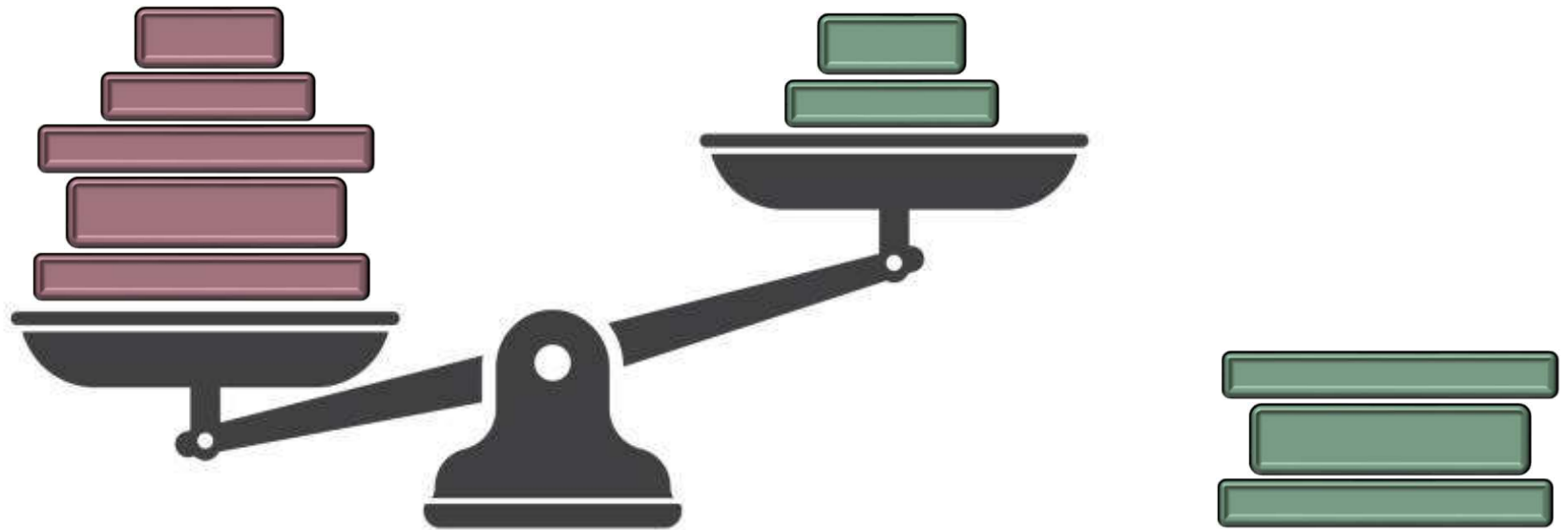
During crisis situations you need to get help right away.

The amount of support you receive should match the size of your worries.

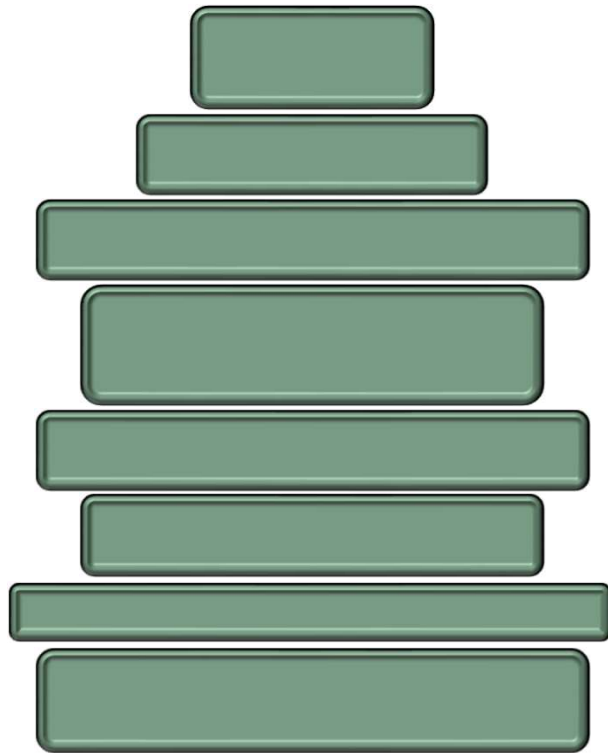
worries



supports



What kind of supports can you access to help with a mental health problem?

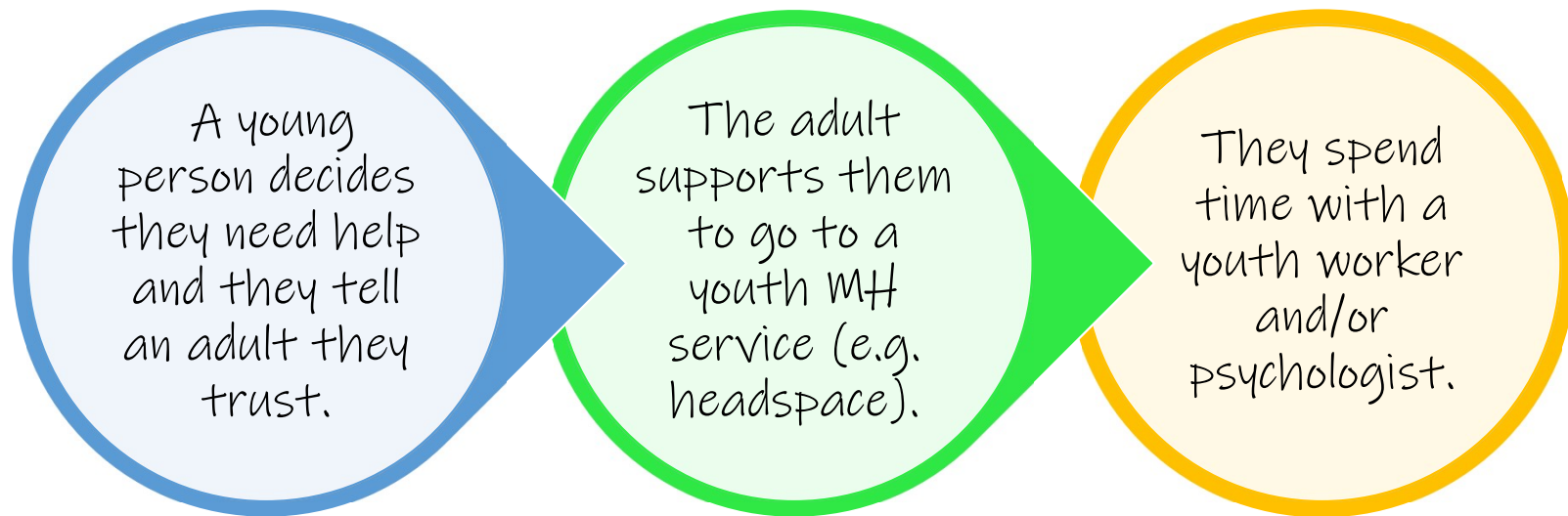


- Personal medicines
- Healthy food, good sleep & exercise
- Meditation/Mindfulness
- Youth Worker
- School Counsellor
- Doctor/General Practitioner
- Psychologist (talk therapies)
- Psychiatrist (prescribes medications)

Getting help - what to expect

There are a number of pathways to get help for your mental health. Here are some examples.

Example 1:



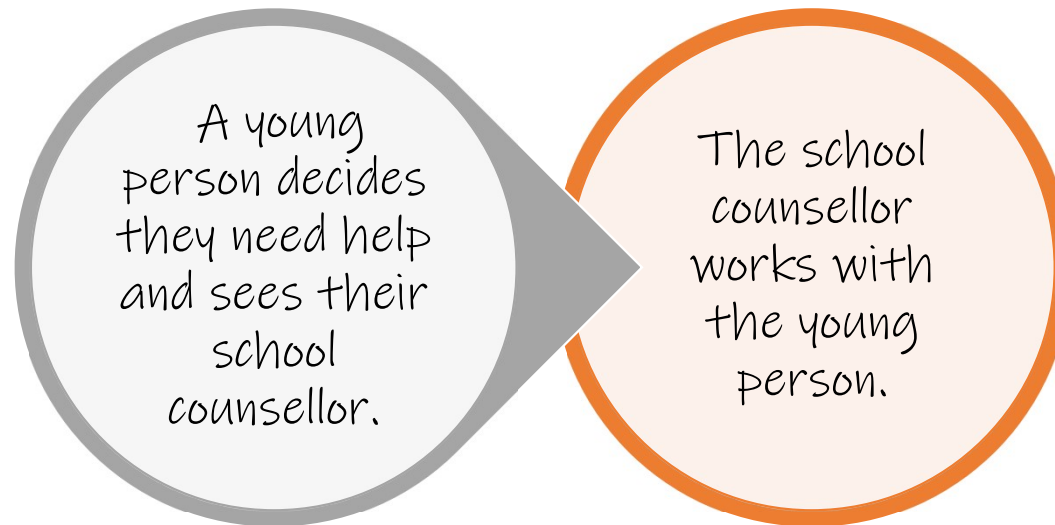
Getting help - what to expect

Example 2:



Getting help - what to expect

Example 3:



The school counsellor won't tell anyone - the young person's parents or anyone else - unless the young person agrees or there is a risk of harm to the young person or someone else.

Personal Medicine Brainstorm

Personal medicines are the activities that we can do ourselves to support our mental health and wellbeing. We do them intentionally to make us feel good, raise our self-esteem and promote our overall wellbeing.

Personal medicines work by helping to balance our brain chemistry. When our brain chemistry is good, we think clearly and feel good.

Practicing personal medicine is a healthy habit.



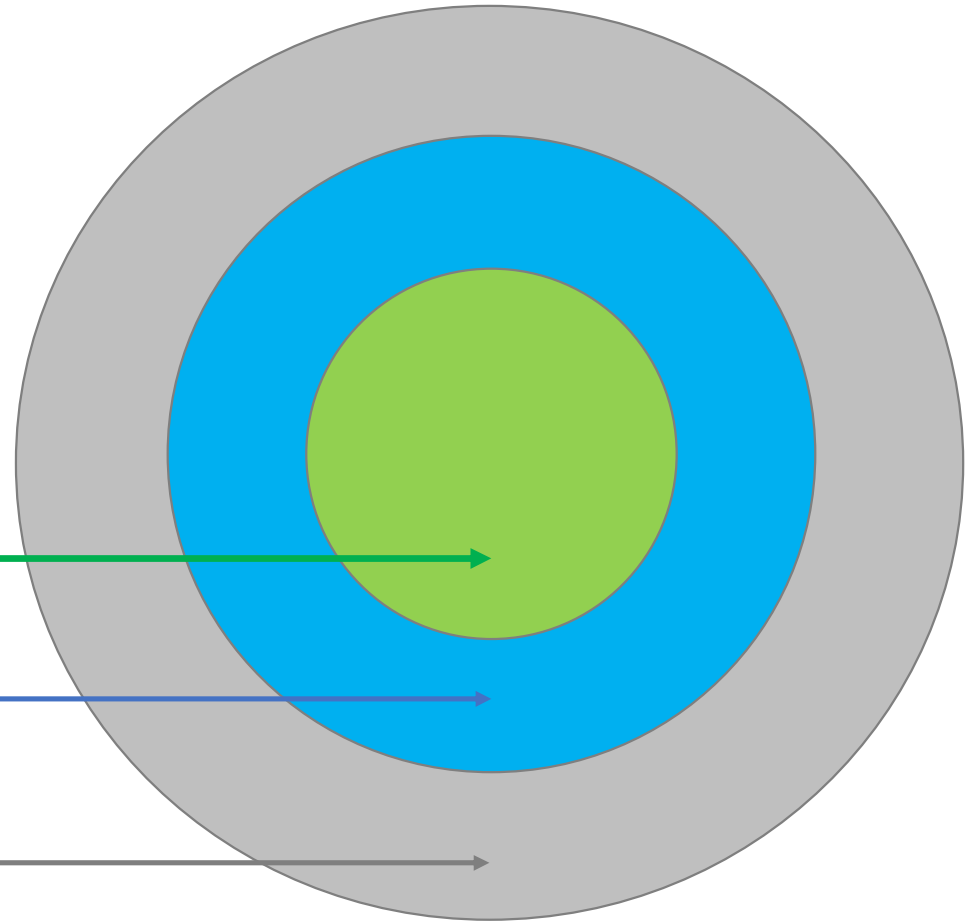
What are your favourite personal medicines?

Circles of Control

Thinking about Circles of Control is another strategy we can use to manage our thoughts and feelings.

Think of three circles:

1. What is within our control
2. What can we influence (but not control)
3. What is outside of our control

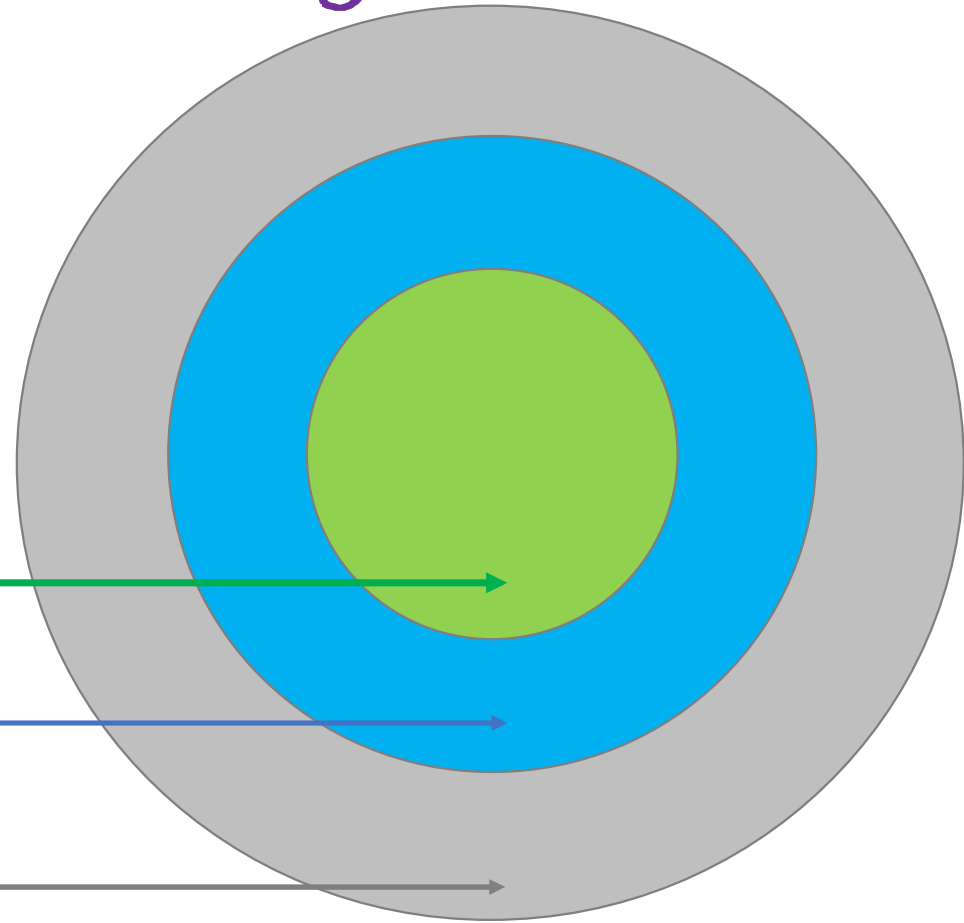


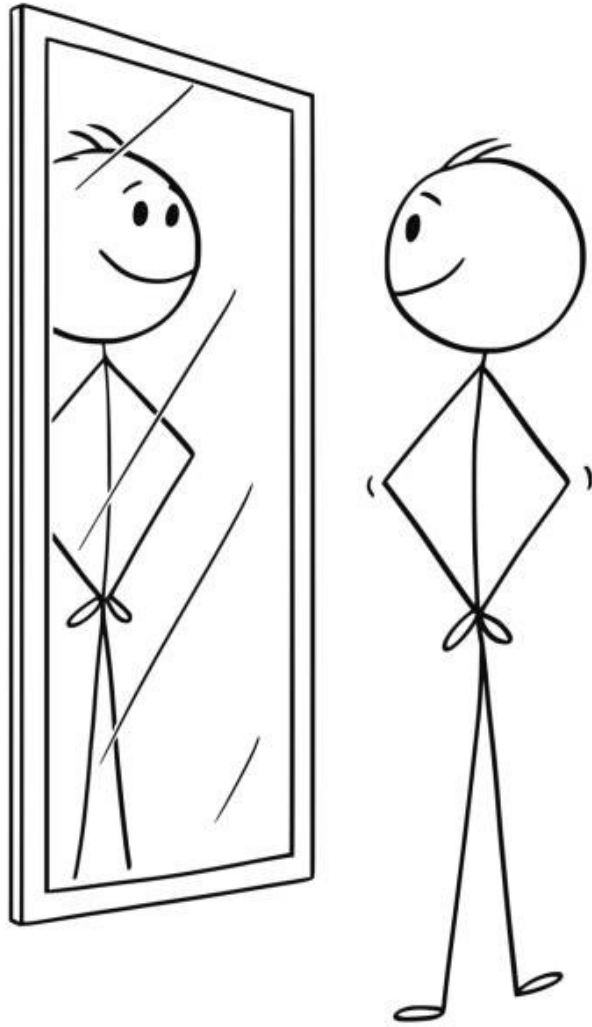
Circles of Control Activity

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Come up to the front and bluetak your cards where you think they sit on the Circles of Control.

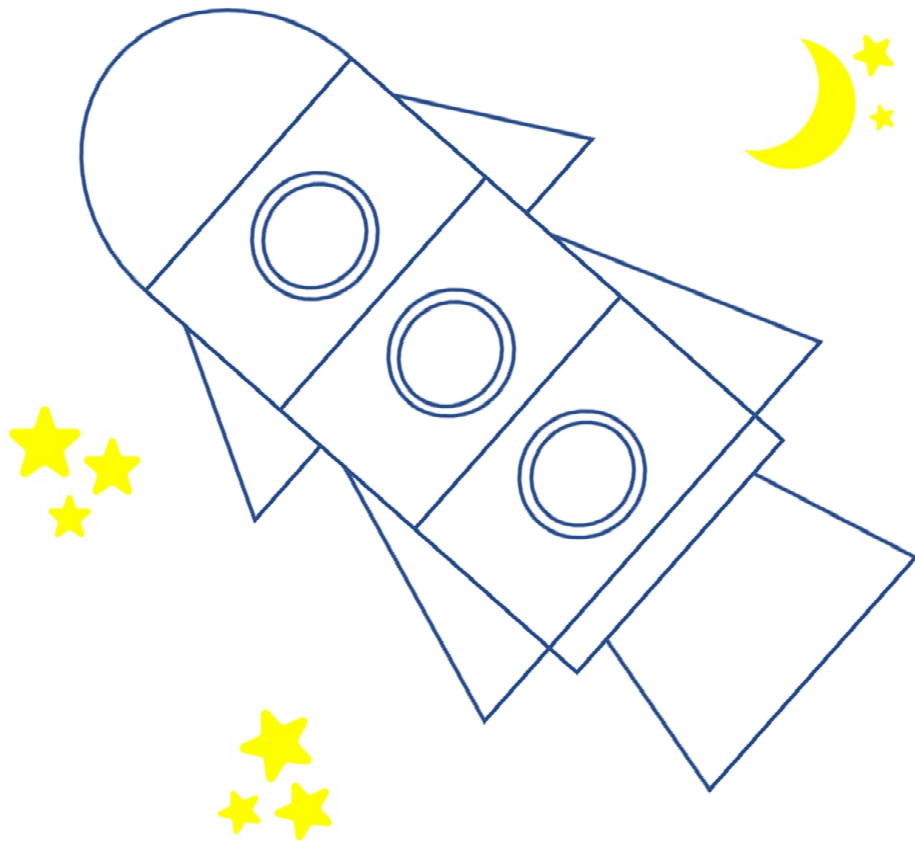
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Session
Reflection
"Vote with your
feet" on each
activity

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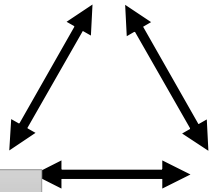
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Mental filter



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Catastrophisation



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Saying this always happens



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"Should" and "Must"



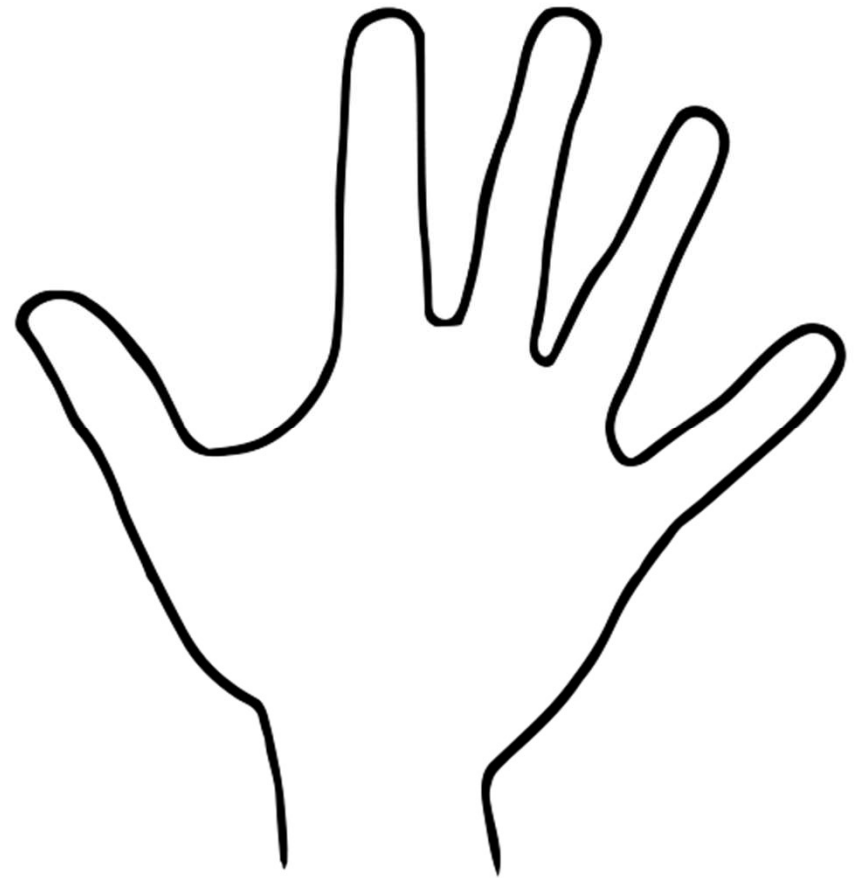
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Getting help

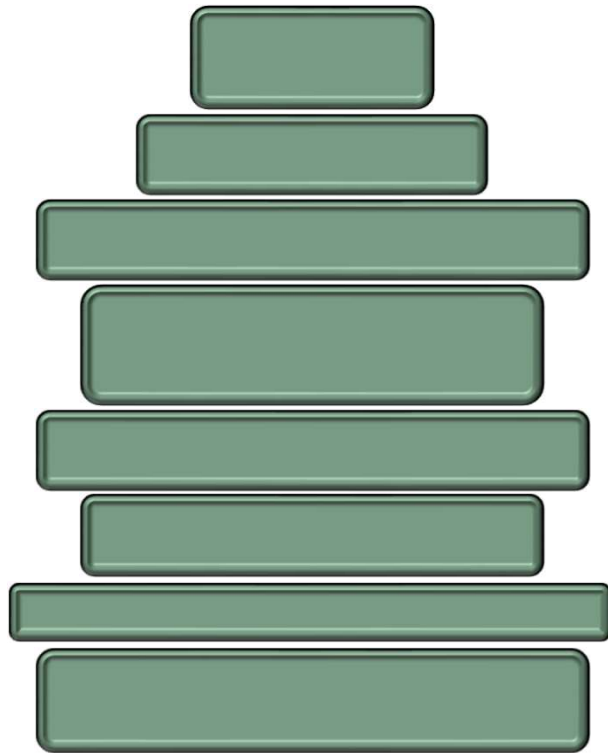


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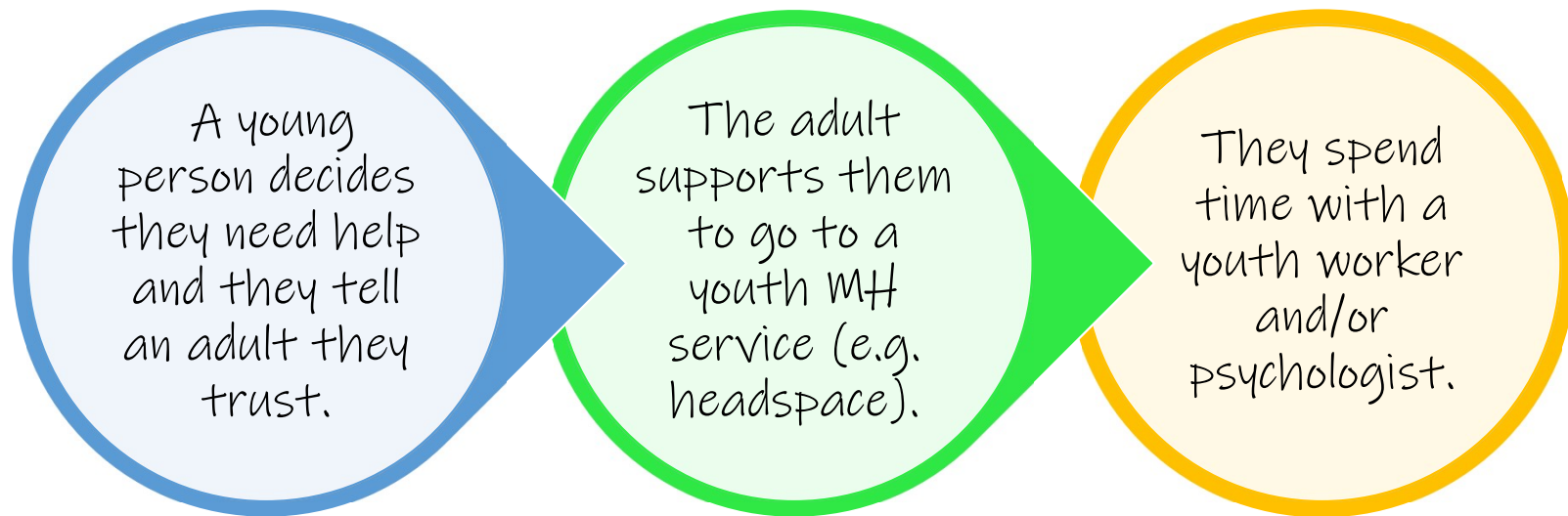


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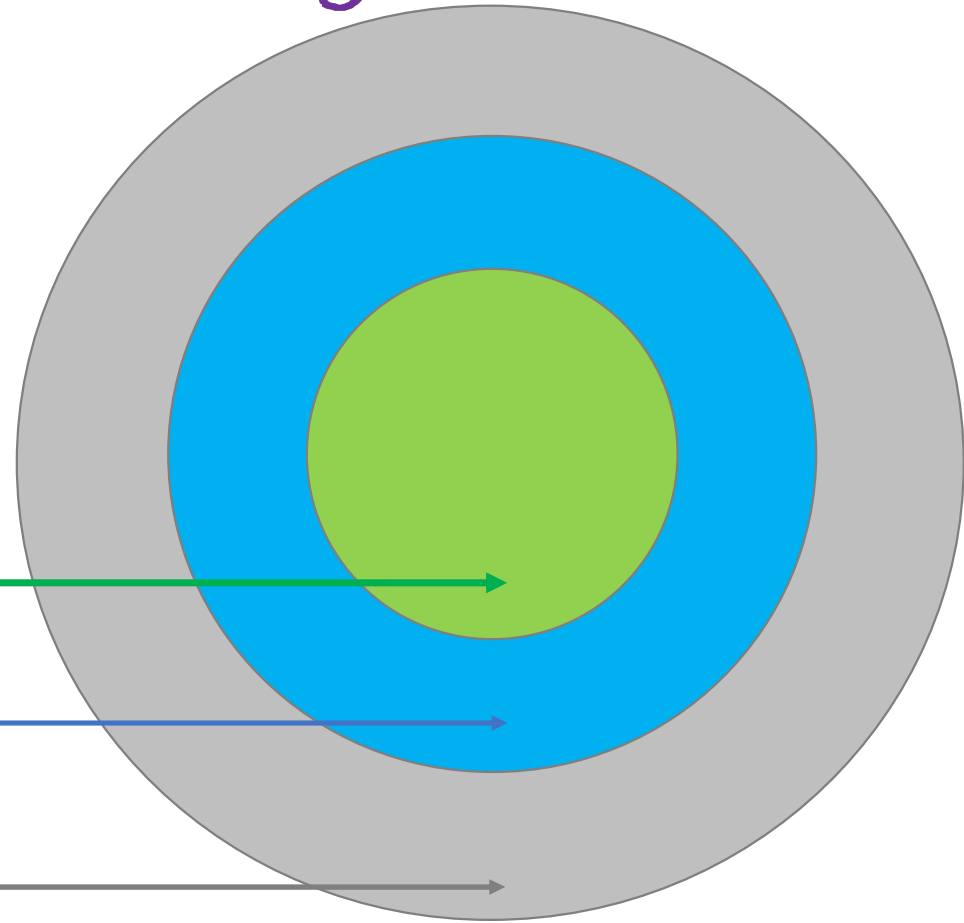
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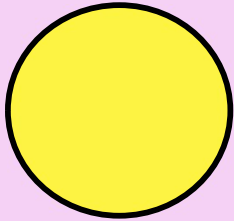
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1. What is within our control
2. What can we influence (but not control)
3. What is outside of our control





1. Draw an emoji which represents how you are feeling right now.



3. What is something we did today that you enjoyed?

2. Write down something fun you plan to do in the next week:



4. What is something new that you have learned?



5. What would you do differently if you were running the program?

Next week ...

Session 4: Celebrating our achievements



We have done lots of self-exploration together and now it's time to celebrate!