

# Cultivating positive habits and building resilience

A resource pack for young people

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**MENTAL HEALTH SUPPORT TEAM (MHST)**

**SCHOOL BASED MENTAL HEALTH SUPPORT**

**Emotional Health Service**

**Achieving for Children**

**42 York Street**

**London TW1 3BW**



**achieving  
for children**

A decorative wreath made of various green leaves and branches, framing the title text.

# Grow Your Mind

A yellow sticky note with a red paperclip at the top right corner, containing the text 'Week 1: Emotions'.

**Week 1:  
Emotions**



# Emotions

This week focuses on Emotions.

## ***Why is this important?***

If we are better able to notice our feelings it becomes easier to talk about them and share them with others. Sometimes this can be more helpful than acting on our emotions without thinking. It also means that when we need help, it is easier for others to support us because they can better understand how you feel.



# How can we grow this area of our mind?

Practicing labeling our feelings

Considering what triggers our emotions

Practicing different ways of expressing our emotions



# Labeling our feelings

People label their feelings using lots of different words. Many of these words offer a shared understanding to help us communicate with others about how we feel.

How many of these feelings have you noticed yourself experience in the last week?

Happy	Sad	Angry	Anxious	Calm
Joyful	Upset	Furious	Worried	Content
Amused	Unhappy	Fuming	Afraid	Relaxed
Cheerful	Miserable	Raging	Frightened	Pleased



# Are there good and bad feelings?

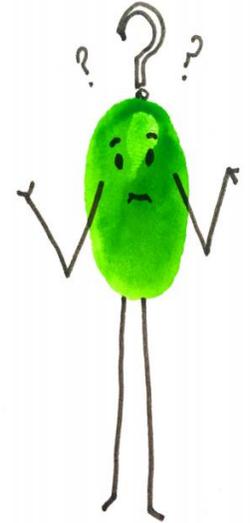
Sometimes people talk about good feelings and bad feelings.

In fact all of our emotions are normal and serve their own purpose.

Even feeling stressed or anxious in small amounts is not bad. This is because it can help us to be motivated and achieve our goals.

Similarly, feeling angry is not bad. Sometimes this can help us to respond assertively to a situation.

However, we need to think carefully about healthy ways to express our feelings.



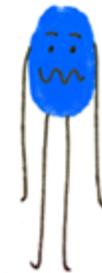
# Thinking about what triggers our emotions

People, situations and events can all trigger different feelings and emotions. For some people the idea of having to perform on stage makes them feel excited, while for others it could feel terrifying.



Create a mind map using the following 6 emotions

***Happy - Angry - Sad - Stressed - Excited - Calm***

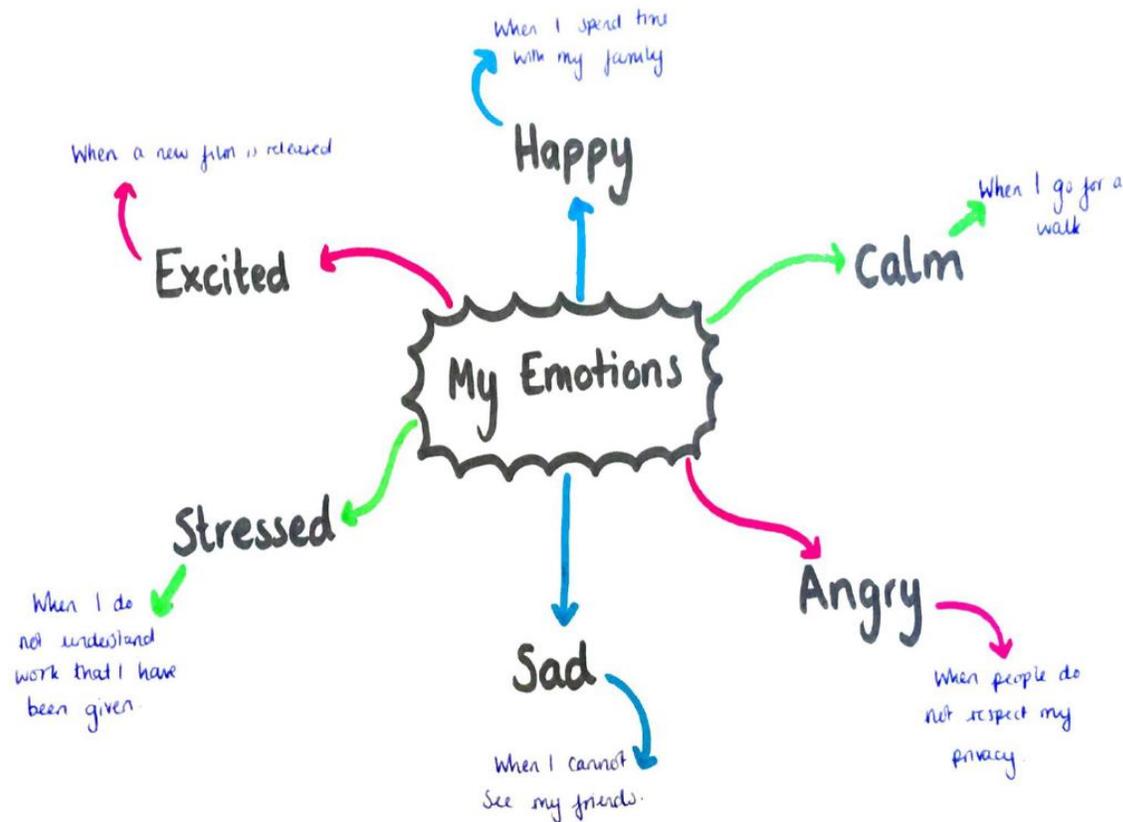


And make a note next to each of them what causes you to feel that emotion.

If you want to do this right away. Pause the presentation and take some time to complete the task.



# Here is an example in case you get stuck:



# What helps you to cope?

Everyone has different coping strategies when it comes to managing their feelings.

Having a hug

Crying

Writing the feelings down

Going for a walk

Talking to someone you trust

Take a moment to think about what helps you regulate your feelings.



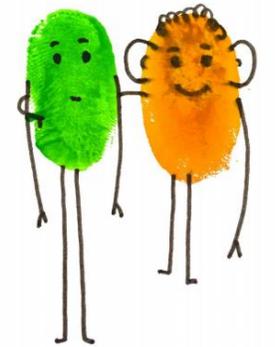
# Who could you talk to about how you are feeling?

Sometimes just knowing someone is there to talk and listen can make a big difference to how we are feeling.

For some people they might like to talk to their parent or carer, or maybe an aunt or uncle.

For others, talking to friends can really help.

But remember you can also talk to your teachers or other professionals.



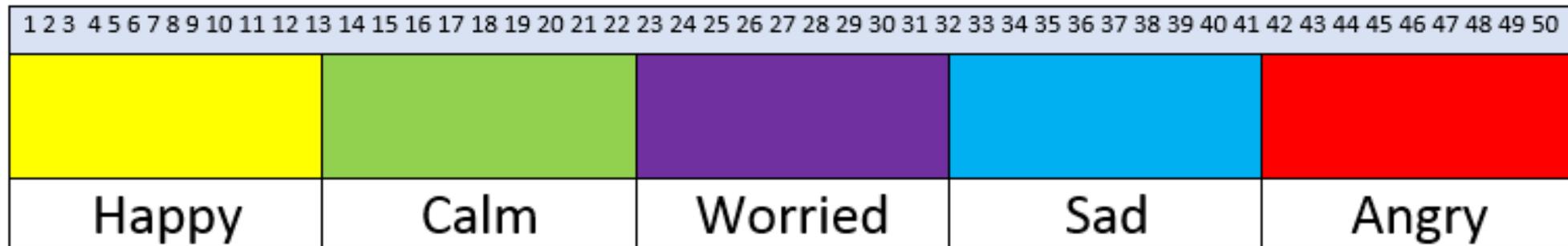
*If you feel you do not have anyone to talk to you can also phone Samaritans on **116 123**. They will answer calls with no judgement or pressure and are available for anyone who needs someone.*



# Creating a feelings scale

It can feel difficult to express verbally how we feel. Why not get creative and create your own feelings scale. This can help you to check in with how you are feeling, but it can also help you share this with others.

Here is an example:



Remember it can be for overall wellbeing, anger, sadness or any other feeling. Create something which feels most helpful for you.



# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

**Relaxation!**

