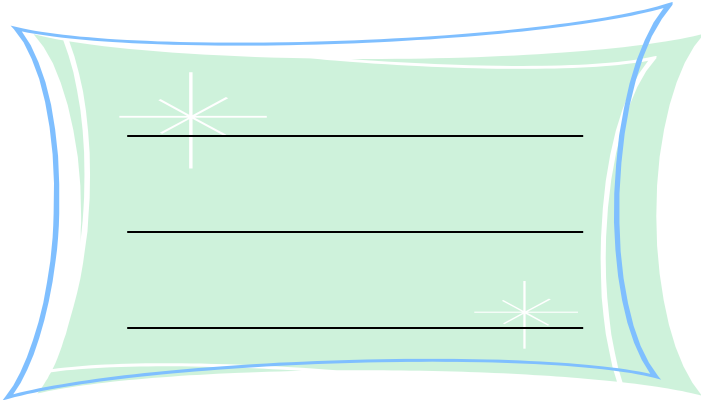




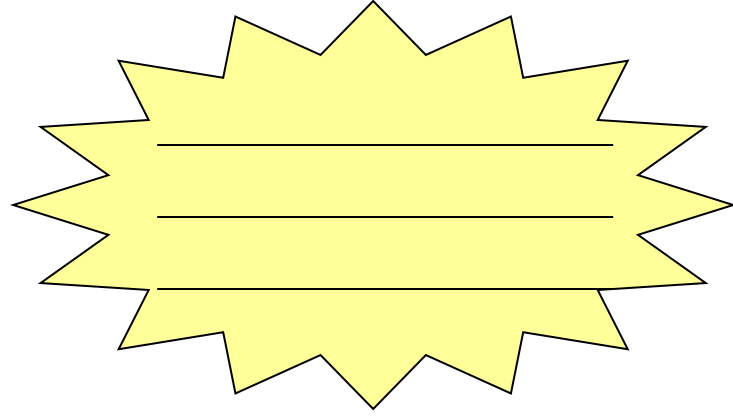
## Supporting the anxiety (intervention)

Supporting approach  'Three blessings'	Making it successful	Resources
<p>This technique comes from Positive Psychology and has been shown by research to increase happiness and wellbeing.</p> <p>It encourages individuals to refocus and notice positive things rather than focus on negatives.</p> <p>When people feel anxious, they are more susceptible to negative thinking and some people's thinking styles are more fixed.</p> <p>This should encourage more 'glass is half full' than 'glass is half empty' perspectives or when a lots of positive happen but a person focuses on one negative they experience.</p>	<p>This exercise needs to be done <u>each night</u> for <u>six weeks</u> to be effective.</p> <p>The person records three things that occur to them from that day that have been pleasant for them or have made them grateful.</p> <p>They do not have to be grand or momentous things but they do need to be very personal to the individual – special to them, regardless if they are special to other people.</p> <p>Some examples might be spending time with a friend, getting a favourite sandwich at lunch, getting home dry because it wasn't raining, having a game of football, getting an Instagram message from a friend etc.</p> <p>Give the young person a jotter, stapled bundle of paper or set up something using ICT that they can record into each evening. This way, the child/young person and their parent and school staff can reflect back on what is emerging to be important to the young person.</p> <p>At first the young person may need some support helping them think through their day and not discounting things as they do not think they are momentous enough. It should get easier as the weeks go on. It is likely to help if a key adult is doing the exercise alongside the young person, recording their three blessings each evening too.</p> <p>Undertaking the exercise as part of a carefully considered bedtime routine could also be an assistance to settling for sleep if this is a difficulty for the child/young person.</p> <p>The exercise can be continued on from the essential 6 weeks. However, it may be that a break from the exercise and returning to it if the person's mental health and wellbeing needs a boost could be more effective.</p>	<p>There is a sheet attached that can be used for recording.</p>

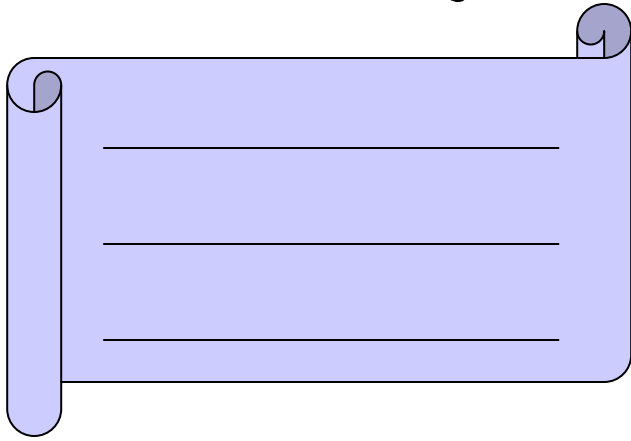
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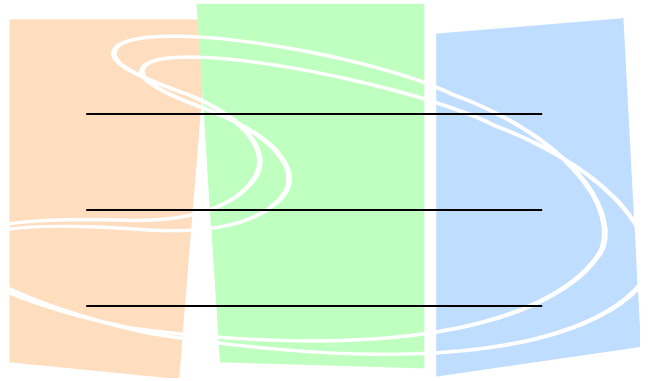
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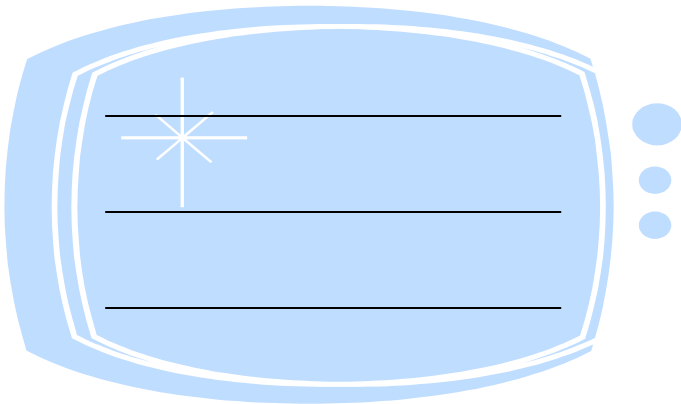
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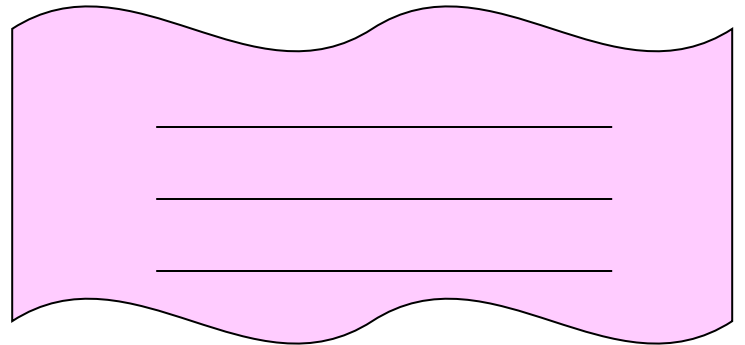
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Friday



Saturday



Sunday

