

Bullied at school

1

Just moved to the area

Parents arguing

Weight loss

4

Family bereavement

Self-identity issues

Exams coming up

2

Relationship with siblings

Anger problems

Issues & Situations

Under-age drinking

3

Parents recently separated

Social avoidance

Depression

5

Involved in an accident

Physical disability

Regular exercise & keeping fit

Confidence in self

Healthy eating

Enjoying a challenge

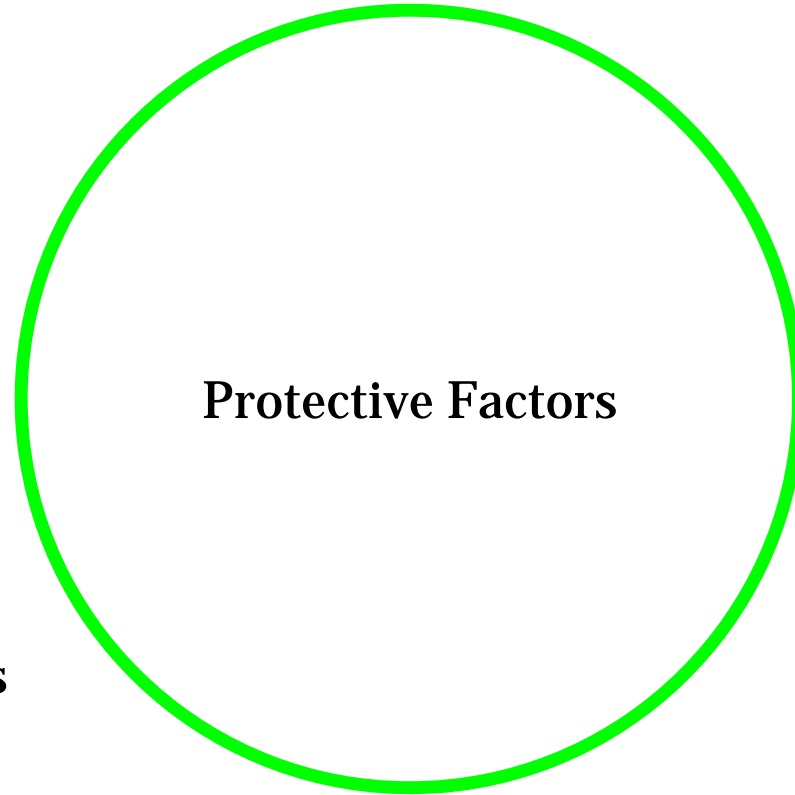
Protective Factors

Supportive friends

Supportive family members

Emotional awareness

Life experience

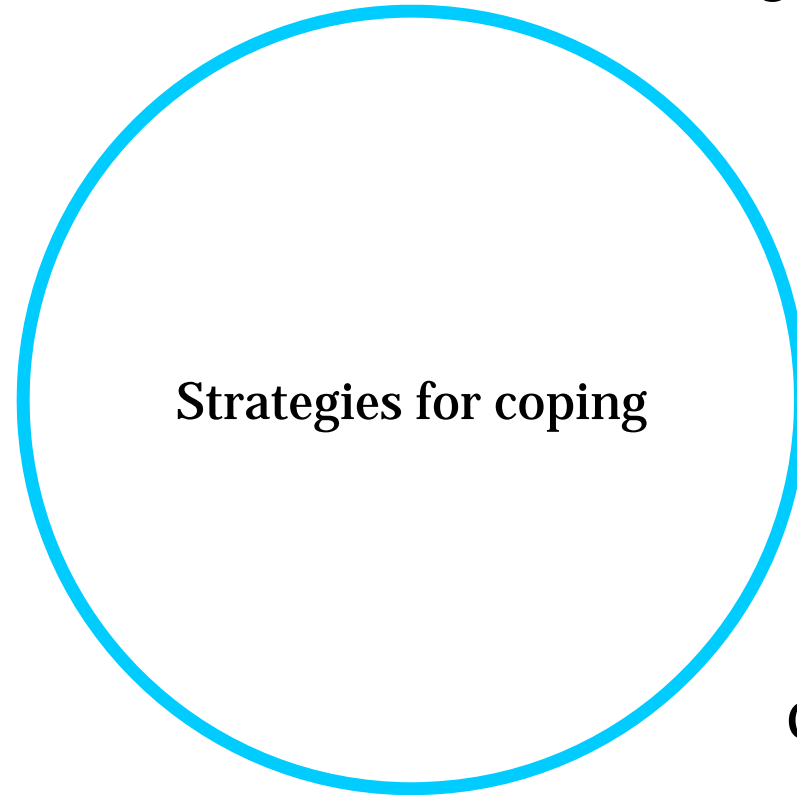


Learning relaxation techniques

Talking to someone

Joining local club / interest group

Making good use of time



Strategies for coping

Facing up to
difficult situations

Challenging unhelpful
thoughts

Contacting a support group

Learning problem-solving
skills

Understanding more about a problem

Remember success
and achievements

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

David is being bullied at school.

What could they do to cope with this?
What options do they have available? (try to be specific)

What advice might you give this person?
How could you support them with this problem?

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

Enjoying sport & keeping fit.

How might this help them to cope with problems?
What are the benefits of this?

Are there any costs or down-sides to doing this?

How could they make the most of this?

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

Talk to a teacher about the problem.

How might this help them to cope with problems?
What are the benefits of this?

Are there any costs or down-sides to doing this?

How could they make the most of this?
Try making a step-by-step plan to achieving this.

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

He has recently moved to the area.

What could they do to cope with this?
What options do they have available? (try to be specific)

What advice might you give this person?
How could you support them with this problem?

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

Having supportive friends.

How might this help them to cope with problems?
What are the benefits of this?

Are there any costs or down-sides to doing this?

How could they make the most of this?

How might this person feel because of this?

Might their actions or behaviours change because of this?

How might this impact the way that this person thinks about themselves, or other people?

Joining a local club / interest group.

How might this help them to cope with problems?
What are the benefits of this?

Are there any costs or down-sides to doing this?

How could they make the most of this?
Try making a step-by-step plan to achieving this.