Skills for Recovery

Young People

Week 4...Relating

CONNECTING WITH OUR **FEELINGS**

WHAT DO I NEED TO **KNOW THIS WEEK?**



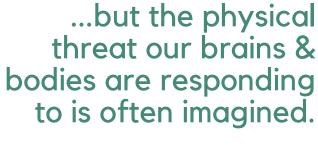
We all react differently in different situations.

When our brains feel

Adults understand you might be stressed or anxious and finding it hard to understand and manage your emotions.



under threat, they tell our bodies to use Fight, Flight or Freeze responses to help us survive...





Recognising stress & talking about it can help us cope.

If you don't get enough sleep, it can really affect how you feel. There are things you can do to help you sleep.



WHAT CAN I TRY STRAIGHT AWAY?

Sleep meditation: Starry night (Smiling Mind)



