

# Skills for Recovery

Young People

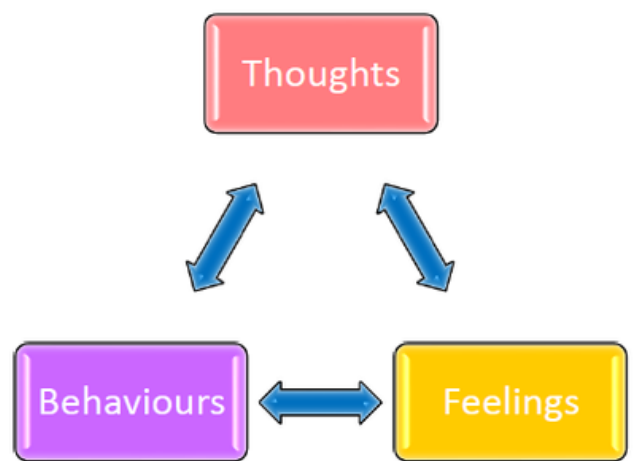
Week 6...Hoping

## LOOKING FORWARD WITH SIGNPOSTS FOR HELP

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



If you feel that everything is going wrong, try saying this to yourself "I won't always feel like this"....



...Even if you don't believe it at first, just hearing a more helpful thought can change how you feel and what you do.



One way to balance our tendency to see more negatives than positives is to become aware of the things we can be grateful for.



Difficult times can lead to positive changes – like a rainbow after a storm. We have learned a lot about ourselves, learned new skills and made new connections.

There are lots of people who care about you & who want to help you.



We need to practice being grateful, it doesn't always come easily, but what you pay attention to grows.



### WHAT CAN I TRY STRAIGHT AWAY?

'I Am Hopeful' guided meditation  
(Intention Inspired)