



LOOKING FORWARD WITH SIGNPOSTS FOR HELP

It is important to be open & honest about the future, but we can also

ENCOURAGE YOUNG PEOPLE TO LOOK TO THE FUTURE POSITIVELY

whilst avoiding making unrealistic promises about what the future might hold.

One way to counteract the negativity bias is to become aware of the things we can be grateful for.

FOCUSING ON THINGS WE ARE GRATEFUL FOR CAN CHANGE OUR FOCUS & PROMOTE WELLBEING

DIFFICULT TIMES CAN BE TRANSFORMATIVE

Through hardship we can learn a lot about ourselves, learn new skills and make new connections..

WHAT CAN WE DO FOR OURSELVES?

THINK ABOUT HOW YOU PLAN TO HOLD ONTO NEW SKILLS

- Review your Personal Wellbeing Plan that you started in Week 1
- Use the [PERMA model](#) to further develop your Personal Wellbeing Plan

PRACTICE FOCUSING ON POSITIVES

- Think about your 'Happy List': write down the things that you've enjoyed, thought were jobs well done or have helped you feel close to someone else.

WHAT CAN WE DO FOR OTHERS?

TRY USING LANGUAGE TO COMMUNICATE HOPE

- 'How you feel right now won't last forever'
- 'So, when you feel like that is there anything you can do to make yourself feel better?'
 - 'Are there any times when you don't feel this way, or even feel just a little better?'

THINK ABOUT HOW TO SUPPORT OTHERS TO PRACTICE THE NEW SKILLS THEY HAVE LEARNED

- Find out what matters to people now.
- Are there any themes from the Skills for Recovery program that need to be revisited?

TRY THIS:

'I Am Hopeful'
guided meditation
(Intention Inspired)

OPTIMISM & HOPE THAT THINGS WILL GET BETTER ARE IMPORTANT FOR PROMOTING A POSITIVE OUTLOOK & MANAGING WORRIES & ANXIETIES

FIND OUT MORE

- [Nurturing wellbeing to build back better: Nurture is Essential for Wellbeing](#) (RNRA)
- Hands on Scotland: [Gratitude](#)
- [The science of gratitude \(video\)](#)
- [Action for happiness calendars](#)