**Skills for Recovery – links to CfE Experiences and Outcomes**

**Mental and Emotion Wellbeing**

**I am aware of and able to express my feelings and am developing the ability to talk about them.**

HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a

**I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.**

HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a

**I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional**

**support to help me and others in a range of circumstances.**

HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a

**I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand**

**my own behaviour and the way others behave.**

HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a

**I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive**

**relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.**

HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a

**I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.**

HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a