

Skills for Recovery

Young People

Week 4...Relating

CONNECTING WITH OUR FEELINGS

WHAT DO I NEED TO KNOW THIS WEEK?

It's OK not to be OK

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



...but the physical threat our brains & bodies are responding to is often imagined.



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



We all react differently in different situations.



When our brains feel 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.

WHAT CAN I TRY STRAIGHT AWAY?

Sleep meditation: Starry night (Smiling Mind).