



Skills for Recovery

Week 4

Connecting With Our Feelings - *Relating*





What you
need to
know

Have you heard the phrase ‘It’s ok to not
be ok?’

Watch Sasha and Andre’s Story.

<https://bit.ly/3gOyJNa>



What you need to know

- Adults understand you might be stressed or anxious and struggling to understand and manage your emotions.
- **We all react differently** to different situations. Everyone experiences stress and sometimes it's difficult to think clearly when we are stressed.



What you need to know

- Fight, Flight and Freeze responses to stress are designed to help us **survive**, but the physical threat our brains and bodies are responding to is often imagined.
- **Recognising stress and talking about it can help us cope.**



What you need to know

The amount of sleep we need changes as we grow and develop, for example, teenagers usually need about **9-10 hours** sleep every night. If you don't get enough sleep, it can really affect how you feel and your ability to concentrate.

The change to your usual routine during lockdown probably meant that you stayed up later at night and may be weren't as active as usual during the day. Perhaps you spent more time gaming or watching TV. All these things can affect how easy you find it to get to sleep and the quality of your sleep.



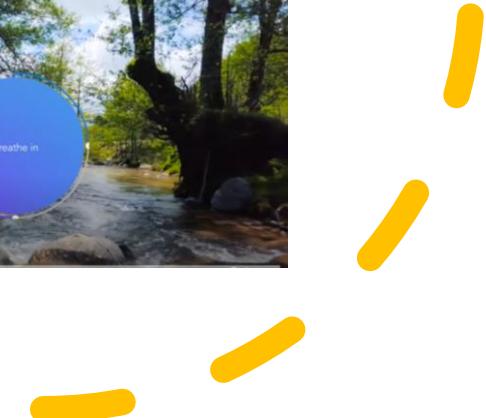
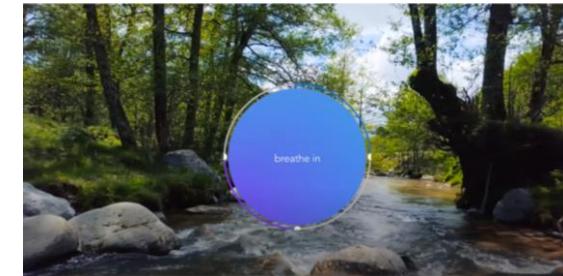
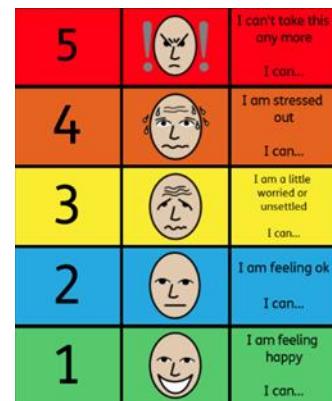
What you need to do

- Ask someone you trust for help. This can be a friend, an older pupil or an adult.
- Try to find ways of expressing worries and get some 'distance' from these. Watch this clip for some ideas. (Some of the ideas are more relevant to younger pupils.) <https://bit.ly/3kA2qE1>

What you need to do

Think about what you need to help yourself when you feel stressed.

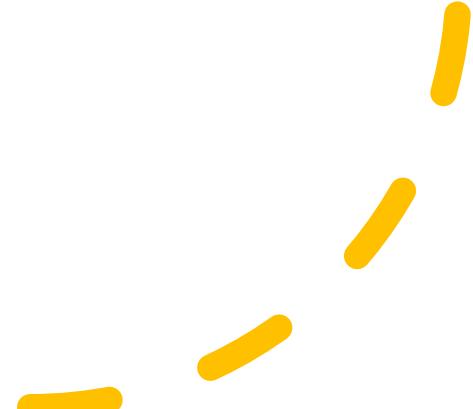
Do you remember the regulating strategies we tried in Week 3?



A large, solid orange circle is positioned on the left side of the slide, partially overlapping the white background.

What you
need to do

Think about how what you do in the day
is affecting how you sleep at night.
Perhaps it would help to make a sleep
plan? You can find more information
about sleep at Sleep Scotland: Teen
Zone - <https://bit.ly/2XTzXQ1>



Task

This short film is designed to help you sleep. Ideally you'd try this lying in your bed.....we'll just have to use our imaginations!

<https://bit.ly/2Fi0Ma0>

