



Skills for Recovery

 **Renfrewshire**
 **Attainment**
 **Challenge**

Literacy, Numeracy, Health & Wellbeing



Week 6

Looking Forward with Signposts for Help...*Hoping*



What you
need to
know

When times are hard, and maybe 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 as you start saying it, just hearing that more helpful thought can change how you feel and what you do.





What you need to know

One way to step away from negativity is to become aware of the things we can be grateful for.

This can sound easier than it is. However, when we find things that we are grateful for, no matter how small, this can help to change our focus and promote wellbeing.

Paying attention to what you are grateful for becomes easier the more you practice it.

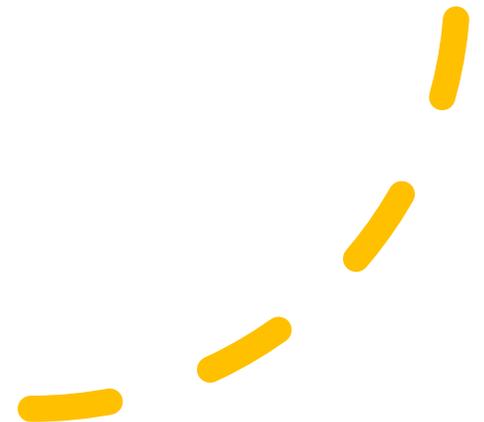


What you need to know

- There are lots of people who care about you and who want to help you.
- Difficult times can lead to positive changes – like a rainbow after a storm. Through hardship we can learn a lot about ourselves, learn new skills and make new connections. How can we hold onto these things?



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What you
need to do

There are lots of things you can do to stay positive and hopeful. Try some of these suggestions in school or at home....





What you
need to do

Think about how you stayed hopeful during lockdown.

Ask the person next to you how they stayed hopeful.

Ask your teacher how they stayed hopeful.



What you
need to do

Task

Music can quickly change how we feel, help us relax and give us a new perspective on life. Try creating a 'Hope playlist' full of optimistic songs that make you feel good about the future.

Make up a class playlist. Make sure you ask your teacher what song they would like on it 😊





What you
need to do

Write a letter to your future self, telling yourself about the things you have learned, how you got through ups and downs and what skills and strengths you drew on, and how you will use them in the future.



Task for later...

To remind yourself to pay attention to what you are grateful for, try this:

- Find a rock or other small object that you like
- Carry it around in your pocket or leave it on your desk where you will see it throughout the day
- Whenever you see or touch it, pause to think about at least one thing you are grateful for (this could be as small as the sun shining outside!)
- When you take it out of your pocket at the end of the day, take a minute to remember all the things that you were grateful for throughout the day.
- When you put it in your pocket again in the morning, remember what you were grateful for yesterday.



Remember Scott and Brett from Week 1?

Scott would normally be working as an actor. Let's hear what he learned about himself and also what he's grateful for.





Let's hear from Brett



What you
need to do

Task - 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.

LIFE living life to the full
www.litf.com

My Happy List

From the Living Life to the Full course resources
www.litf.com/resources

Write down all the things that you've enjoyed, have felt were jobs well done or that have helped you feel close to someone else.
What are you thankful for today?

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What you
need to do

Plan how you will continue to
practice some of the skills you have
learned over the last 6 weeks.

Who can support you to do this?

