

# Cultivating positive habits and building resilience

A resource pack for young people

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**MENTAL HEALTH SUPPORT TEAM (MHST)**

**SCHOOL BASED MENTAL HEALTH SUPPORT**

**Emotional Health Service**

**Achieving for Children**

**42 York Street**

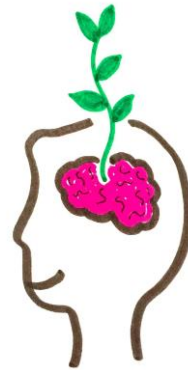
**London TW1 3BW**



**achieving  
for children**

# Grow Your Mind

**Week 3:  
Positive  
Attitudes**



# Positive attitudes

This week focuses on having a positive attitude.

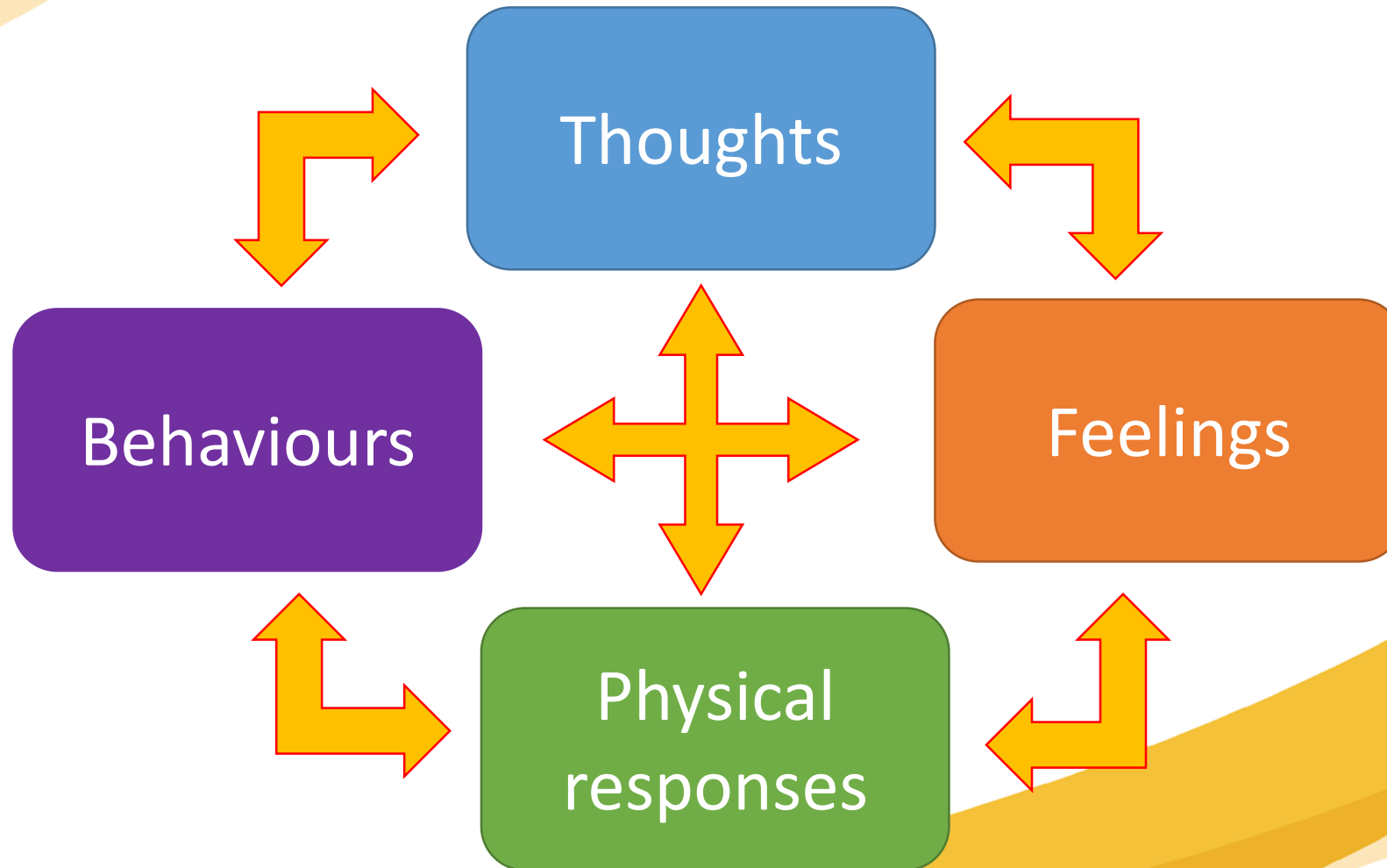
## ***Why is this important?***

Being able to acknowledge our strengths and accomplishments helps to support confidence and build self-esteem.



# The Cognitive Behavioural Model

The CBT model can help us understand why our attitude is so important.



# How can we grow this area of our mind?

Recognise  
our  
strengths

Reflect on  
our  
achievements

Practice  
positive  
affirmations



# Focusing on the negatives?

Sometimes it seems we pay more attention to negatives than positives.

*Why do we do this?*



One theory is that it is part of our survival system. We might notice problems in our environment more rapidly than things that are going well as a way to protect us and help us respond to danger.

Even if we might have a tendency to notice the negatives, we can learn to shift our attention and focus on positives in our lives including our strengths.

This can prevent problems being blown out of proportion.



# Focusing on our strengths

When we think about strengths people often think about talents.  
Talents are performance based and might be things like sports, music or art.

But there are also character strengths. These are personality based, things like being kind, curious and having courage.



Character strengths are just as important as talents.  
A talented musician also needs creativity.  
A professional sports player or dancer also needs determination.

***Can you think of what some of your strengths are?***

It can be easier to think about how your closest friends might describe you.

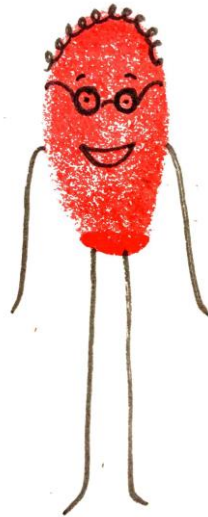
- 1. Grab a pen and paper.**
- 2. Take 2 minutes and write down some of the qualities and strengths your friends would use to describe you!**



# Noticing your achievements

Achieving goals and accomplishing our objectives helps us grow and build on success.  
We all have accomplishments – it does not matter how big or small they are.

It could be making your bed in the morning  
Offering to make someone else at home a cup of tea



Or it could be something bigger like  
completing your work/project for school or  
maybe learning to play a new song on an  
instrument.

***What is one thing you have achieved today?***

***What is one thing you would like to achieve tomorrow?***





# Using positive affirmations

As we noticed, it can be easy to focus in on the negatives. When we do this too often, we can end up using a lot of negative self-talk. We might tell ourselves things like:

I am not  
good  
enough

I always  
fail

I am not clever  
enough

Negative self-talk or our “inner critic” reinforces low mood and makes it hard to have a go and try new things.

Although it might be difficult to stop these thoughts entirely, we can balance them out by using positive affirmations.



# Using positive affirmations

I am learning

I am trying my best

I am capable

I am focused

I cannot do it YET!

I can relax and breathe

I can have another go

I can take my time

I trust myself

I put in the effort

## **Grab a pen and paper:**

- Rate each of these positive affirmations from 1-10
- Rate the affirmation you would find most useful with a 10
- Rate the affirmation you find least useful with a 1
- Then you have a list of positive self-talk statements to look at when you notice your internal critical self-talk.



# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

**Managing worries!**

