

Cultivating positive habits and building resilience

A resource pack for young people

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 achieving
for children

 Are you OK
Kingston?

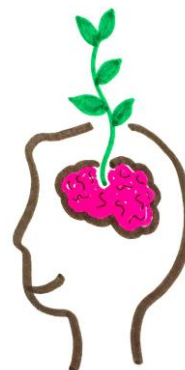
 Are you OK
Richmond?

A decorative wreath made of various green leaves and branches, framing the central text.

Grow Your Mind

A yellow sticky note with a red paperclip at the top, containing the text 'Week 10: Autonomy'.

**Week 10:
Autonomy**



Autonomy

This week focuses on autonomy.

Why is this important?

Although we can never truly be independent of others because we are social beings, it is important to learn to be autonomous. Being autonomous means that we are able to take responsibility for the things which we do, have a go at managing challenges that we face and can make decisions about what we want and need.



How can we grow this area of our mind?

All the topics from the last 9 weeks have already helped you to take a step towards autonomy

This session will help you reflect on the skills you have learned and the strengths and qualities you have built upon to help you continue your journey towards being autonomous



Can you remember all the topics we have covered?

Emotions

Relaxation

Positive attitudes

Managing worries

Self-reflection and goals

Effort and practice

Learning from our mistakes

Problem solving

Connecting with others

Although it's great to make your own decisions and do things independently don't forget the importance of **connecting with others**. Our relationships can offer a great deal of support and are key to our wellbeing.



Pause the presentation here and spend a few minutes reflecting on the following questions.

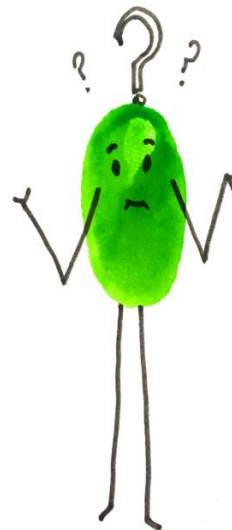
If you would like to, find some paper and write down your answers.

What new skills have you learned?

What did you enjoy the most?

Which areas did you struggle with?

Which activities or skills could you keep using in your day to day life?





Well done for taking part.

We hope that these sessions have been helpful
We would love to know what you found useful. If you can, take a moment
and give us some feedback by following this link:

