

Cultivating positive habits and building resilience

A resource pack for young people

MENTAL HEALTH SUPPORT TEAM (MHST)
Emotional Health Service
Achieving for Children
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 achieving
for children

 Are you OK
Kingston?

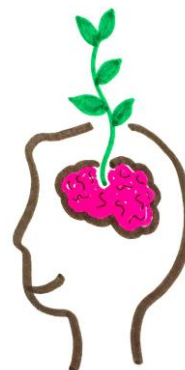
 Are you OK
Richmond?

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 left corner, containing the text 'Week 9: Connecting with others'.

**Week 9:
Connecting
with others**



Connecting with others



This week focuses connecting with others.

Why is this important?

Social connection and friendships are important contributors to emotional wellbeing. Friendships help us to feel that we belong, that we have purpose, they also reduce levels of stress and improve our sense of confidence and self-worth. Finding a way to encourage and strengthen friendships has never been more important than during these unprecedented times of social isolation.



How can we grow this area of our mind?

Identifying
people in
your
support
network

Focus on
what makes
a good
friend

Showing
kindness
and
reaching out
to others



Who is part of your support network?

It is important to know who we can reach out to if we need help and support. Our support network is made up of people who can support us in different areas of our lives:

Friends who support me

Family who support me

People who support me at school

People who support me in my community

Activity:

- Grab a pen and paper
- Create a mindmap with these categories as headings
- Write down who supports you in these different areas



What qualities makes a good friend?

Empathy

Honesty

Loyal

Listen

Thoughtfulness

Asking
questions

Acceptance

Respectfulness



Showing kindness and reaching out to others

A little kindness goes a long way. There are many ways we can reach out to connect with people even during times of social isolation. Could you try one of these things today?

Give someone a compliment

Helping with an extra chore

Give them a hug

Ask them how their day was

Sending someone a text or an email

Sending a card or gift

Phoning or video calling someone



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...

Autonomy!

