

1: Chances and challenges?

Change comes in many forms, but leaving behind what we know and are used to is almost always stressful, even if we've made the change ourselves. Most people use a mixture of strategies to work through change.

The 6 main strategies are

1. Face the fear
2. Focus on what you can control
3. Plan for all possibilities
4. Respond quickly to change
5. Manage expectation
6. Look after yourself

2: Resilience

To build resilience we need to have a toolkit of strategies that keep our lives in balance and might help us feel able to cope when a challenge comes our way. It's also useful to have a specific plan to help us cope with things that may come our way and cause us stress, to make sure that we have 'the right tools for the job' when we have to cope with a difficult situation.

Strategies include

1. Ask for help
2. Think positively
3. Problem solve
4. Set goals
5. Prioritise

3: Reframe thinking

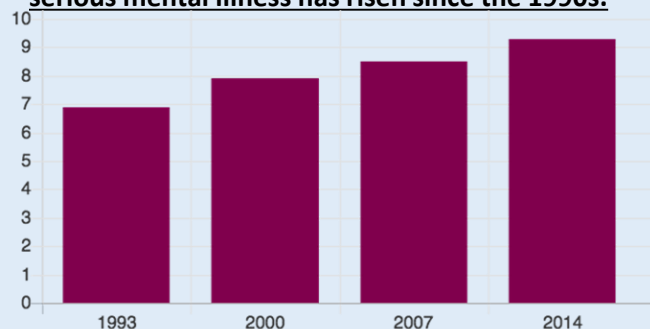
Resilience is a skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and adversity through adopting effective coping strategies; to persevere and 'bounce back'. Negative thinking patterns/loops are habitual thought processes which can affect our perceptions. Reframing is a process of thinking about something differently, often in a more positive way.

What are negative thinking patterns to avoid:

1. Filtering-Only focusing on the negative
2. Labelling-Giving yourself a negative name
3. Catastrophising-Imaging the worst
4. Mindreading-Thing you know what everyone else thinks
5. Personalising-Assuming its your own fault

4: What is Mental Health

Mental health conditions are as wide ranging as physical health conditions and include things like depression, eating disorders and schizophrenia to name just a few. No two people experience mental health in the exact same way and two people with the same mental health diagnosis might experience their condition in completely different ways.

The chart below, taken from the article shows that serious mental illness has risen since the 1990s.**5: Mental Health Strategies**

There are many things we can do to make sure we are looking after our mental health like the ones below.

1. Keep physically active
2. Talk to someone
3. Get a good nights sleep
4. Develop coping strategies
5. Eat well

6: Technology and Mental Health

People have a tendency to share the best parts of their life on social media which can make it look as though everyone is doing amazingly and can make us feel like we are alone in our struggles. In addition, the portrayal of celebrities in the media, especially on social media, can make us think we are not good enough – not skinny enough, too skinny, not strong enough etc – but this is not the reality. Modern technology makes gambling online really easy – sometimes too easy. More and more young people are gambling online too, which is not only illegal (you have to be 18+ to gamble) but is dangerous and highly addictive