



# WHAT'S ON YOUR MIND

#myhealthmyrights

#bemorebear

COURTESY OF



1. Find someone you feel you can trust and plan what you want to speak about.
2. Decide what you are comfortable talking about rather than opening up too much before you feel ready.
3. Take it one step at a time, don't be scared. Talk sooner rather than later.

Sharing two minutes of your time with someone can make the difference & change their life

These circles contain words that help describe thoughts and feelings. Colour them in with colours that you feel match the word.

**Doing well**

safe, active, positive, rested, confident, cheery, friendly, satisfied, valued, loved, respected, happy, included, in control, relaxed, motivated, appreciated, hopeful, calm, coping, quiet, pressured, excited, managing, sad, weak, crying, touchy, left out, worried, tired, bored, anxious, fed up, stressed, frustrated, uneasy, embarrassed, nervous, withdrawn, confused, disrespected, grumpy, invisible, annoyed, worthless, fragile, angry, lonely, abandoned, helpless, low, exhausted, empty, overwhelmed, unhappy, on edge, guilty, scared, struggling, powerless, alone, invisible, annoyed, worthless, fragile

**A bit too much**

quiet, pressured, excited, managing, sad, weak, crying, touchy, left out, worried, tired, bored, anxious, fed up, stressed, frustrated, uneasy, embarrassed, nervous, withdrawn, confused, disrespected, grumpy, invisible, annoyed, worthless, fragile

**Struggling to cope**

angry, lonely, abandoned, helpless, low, exhausted, empty, overwhelmed, unhappy, on edge, guilty, scared, struggling, powerless, alone, invisible, annoyed, worthless, fragile

## MANAGING WHAT'S ON YOUR MIND:

- try keeping a diary or blog on how you are feeling
- spend time with friends
- listen to music, draw or colour in
- ask for help
- stay active and eat healthy
- be realistic - it's okay to not be perfect



Thank you to our friends at the SeeMe Project for sharing this activity with us. To find out more about the SeeMe and what they do visit <https://www.seemescotland.org/young-people/whats-on-your-mind/>