

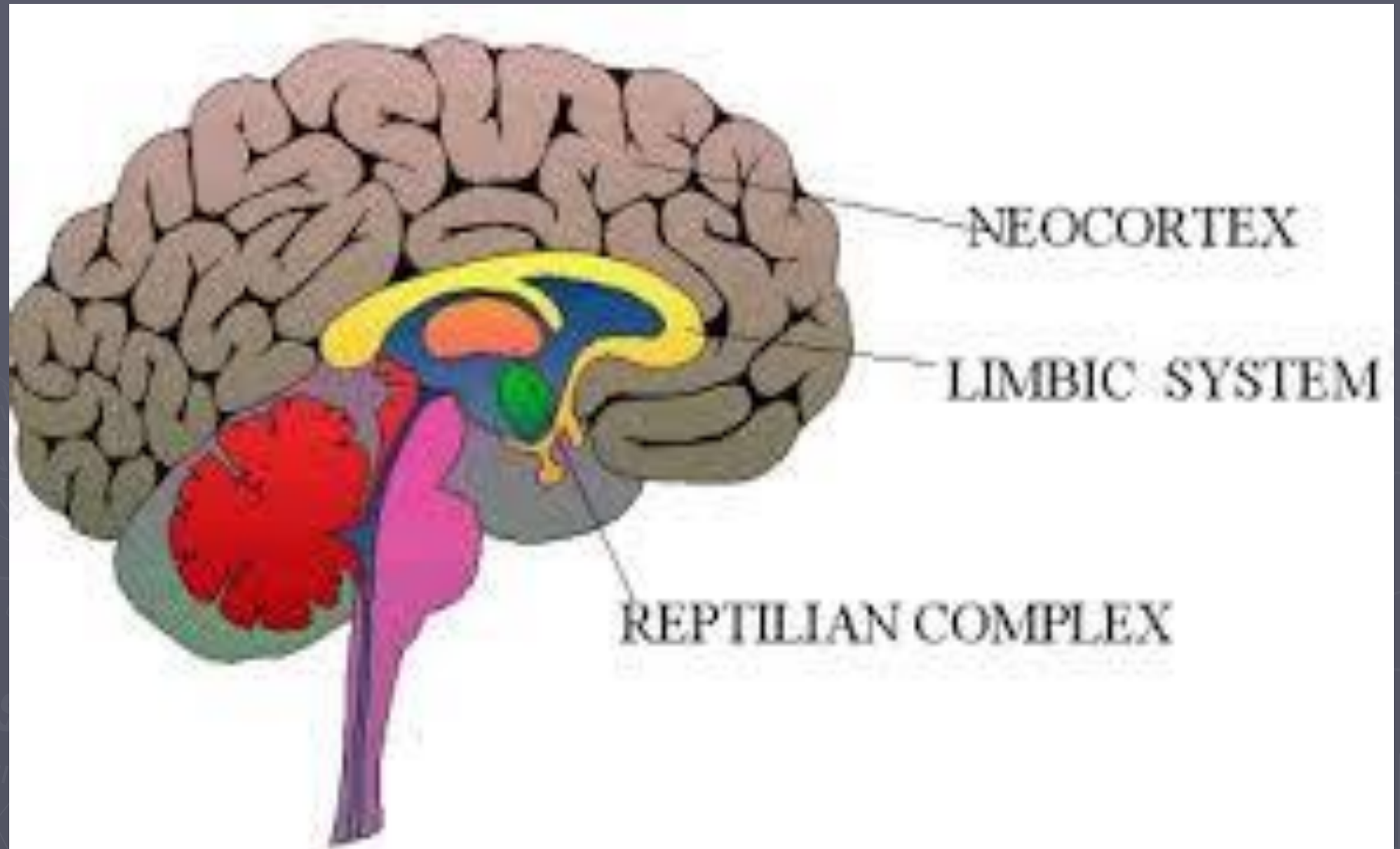


GETTING THROUGH TOUGH
TIMES

Holding on when life seems tough



The 3 Part Brain



Things that make life feel tough

► External Stressors

- A member of my family died last year
- I can't do my school work
- I am worried about the future
- I have to care for three little brothers
- My mum isn't safe at home (Health)
- I am always hungry
- I am bullied
- I find it difficult when it's busy around me

Things that make life feel tough

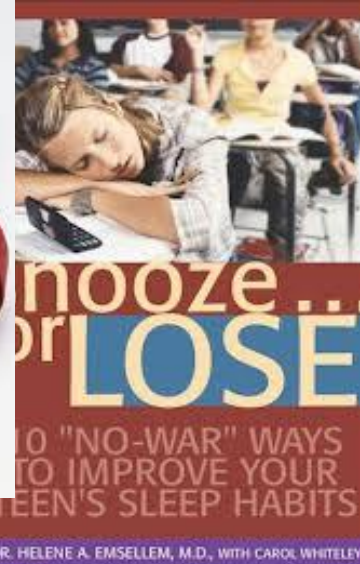
► **Internal stressors**

- I am too fat
- No-one likes me
- It is my fault bad things happen to me
- My life is awful and nothing will get any better
- I am useless at everything

Victoria Pendleton's Tough Times



The Resilience Rucksack



A Problem Shared.....

- ▶ If you are finding things hard it's not that there's something wrong with you – sometimes life is tough-
- ▶ The internet, free helplines, our resource hub, our staff, your family, your friends.

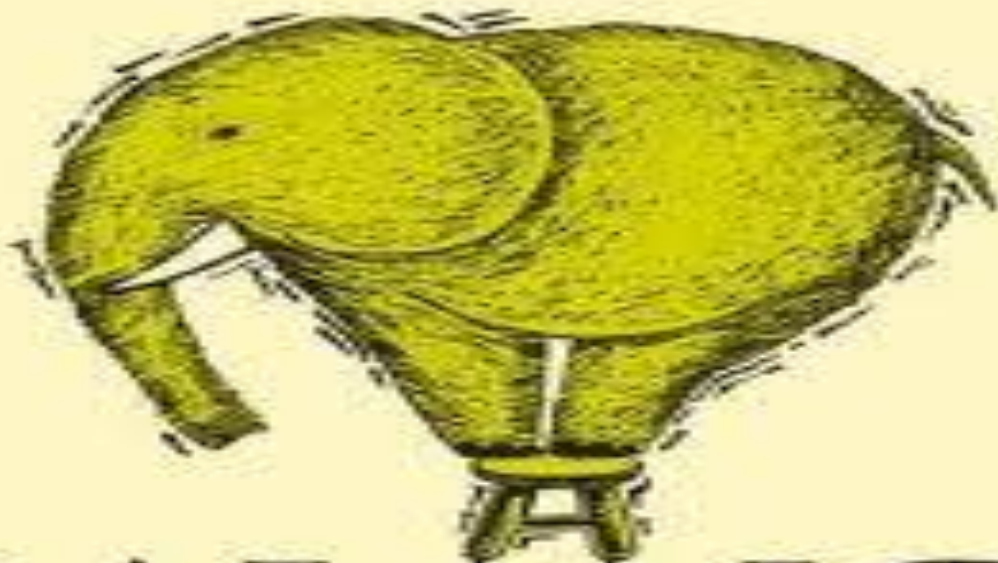


People in School.....

- ▶ Asking for help is the right thing to do
- ▶ Your Teacher, Learning Mentor, LSA, Lunchtime Staff are all people who can help you deal with tough times



Keep your balance!



BALANCE