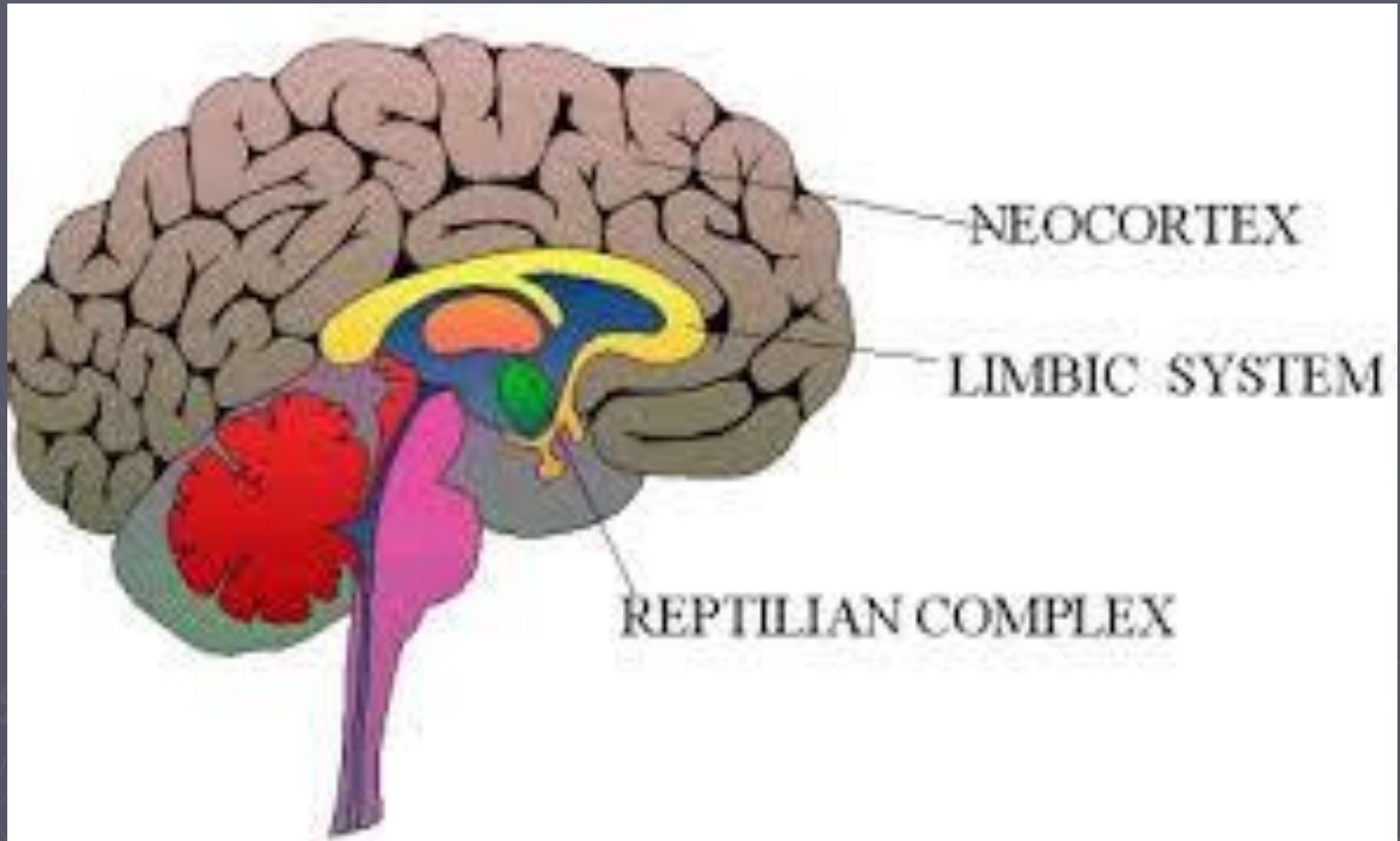


# GETTING THROUGH TOUGH TIMES

# 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





# 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.

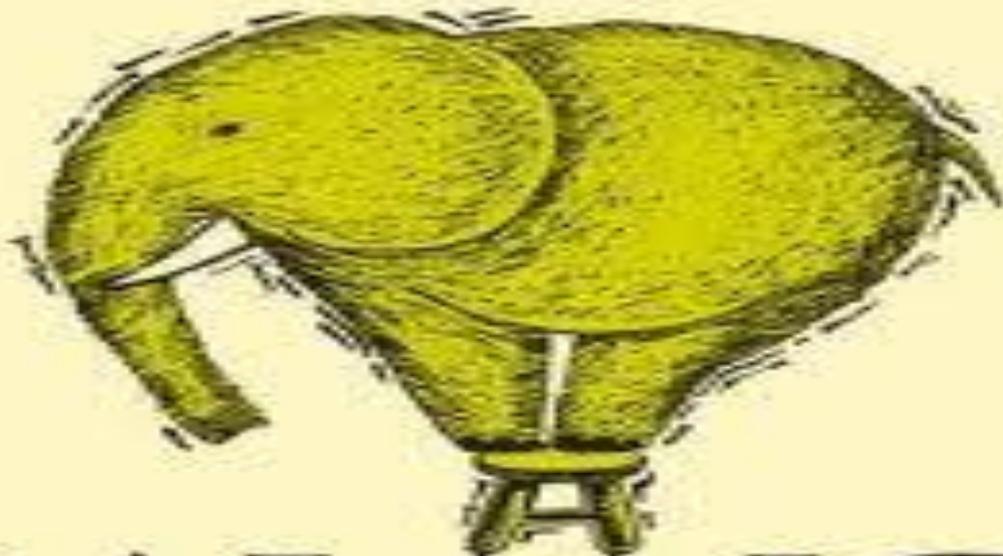


# People in School.....

- ▶ 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**