

Secondly, we need to think about things that we should avoid in order to help ourselves feel as good as possible.

THINGS TO AVOID

Being hard on yourself

Comparing yourself to other people

Focusing on negatives

Being alone all day

Feeling guilty about spending time alone or about not going out

Taking anger out on others

Worrying too much

Taking things to heart

Being antisocial

Hurting yourself

Negative use of social media

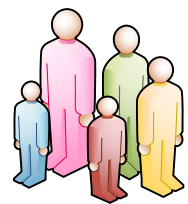
Smoking, drinking, drugs

Staying in bed all day

Things I should actively avoid because they make me feel bad or worse:

Make use of the network around you

Finally, make a list of the people that you can go to when you are not feeling well e.g. friends, family, teachers, the Wellbeing Coordinator in school, doctor ...



The person/people I will connect with if I am not feeling well is:
