

My Toolbox of Well-being and Future Health

How do I relax?

What makes you feel really relaxed? When you feel that your head is free from any worries? When you feel that your body is fully relaxed and there is no tension in any of your muscles? Think about what you are doing when you are in this state and then think about how you can become more relaxed more often each day of the week. What can you do to relax? Which tools and strategies do you use that work best for you?

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Me and My Mental Health

What can I control?

What can you control in your life? Make a Venn diagram and in one circle write down all the things you know you can't control. In the second circle write down the things you can control. In the middle of the two circles when they intersect, write down the things you may have some control over but are total control. How does it make you feel when you can't control things? What helps you manage these situations?

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Me and My Mental Health

People I like and aspire to

There are many people that we may like, love and respect. What do they make you particularly aspire to? What is it about them that you like so much? What are the qualities? What have they achieved that you admire? Make a list of all these qualities. Is it so, say why this is the case.

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Relationships and Communication Skills

Challenging controlling behaviour

Relationships can become very controlling. Sometimes a partner can be possessive. They wish this or that is maintained or something good, too right think "No like if it can be quite the opposite and simply build up how very controlling behaviour might include being behind, being punished all the time, being overly your friends or family, setting your things, making you feel through the way that they look at you. You wish friends and a social adult if you are in the situation. You wish to challenge the kind of behaviour it is really about!

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The ASD Girls' CONVERSATION & SKILLS CARDS

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Me and My Mental Health

People I like and aspire to

There are many people that we may like, love and respect. What do they make you particularly aspire to? What is it about them that you like so much? What are the qualities? What have they achieved that you admire?

Make a list of all these qualities. Is it your ideal person? If so, say why this is the case.

Me and My Mental Health

What can I control?

What can you control in your life?

Make a Venn diagram and in one circle write down all the things you know you can't control. In the second circle write down the things that you can control. In the middle of the two circles where they intersect, write down the things you may have some control over but not total control.

How does it make you feel when you can't control things? What helps you to manage these situations?

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How do I relax?

What makes you feel really relaxed? When you feel that your head is free from any worries? When you feel that your body is fully relaxed and there is no tension in any of your muscles?

Think about what you are doing when you are in this state and then think about how you can become more relaxed more often each day of the week. What can you do to relax? Which tools and strategies do you use that work best for you?

Relationships and Communication Skills

Challenging controlling behaviour

Some relationships can become very controlling. Sometimes a partner can be jealous. The problem with this is it can be misinterpreted as something good. You might think "he/she really loves me and that's why they're jealous".

Unfortunately it can be quite the opposite and simply build up into very controlling behaviour.

Acts of controlling behaviour might include being bullied, being insulted all the time, being prevented from seeing your friends or family, taking your money, making you feel frightened simply through the way that they look at you.

It's time to discuss this with friends and a trusted adult if you are in this situation.

How can you recognise and challenge this kind of behaviour? Is it really difficult?