



What is resilience and how to we teach it?

Leicester Healthy Schools Network

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Reference information compiled using Cat Williams's TEDx 'Toilet Seat Therapy' Structure on the 9 key aspects of resilience and wellbeing.

Search You Tube 'Toilet Seat Therapy' for the 16 minute video. <http://bit.ly/TSTherapy>

Cat's 'Head Talk' on building resilience and self-esteem

<http://www.headtalks.com/inner-pooh-bear-journey-self-esteem-by-cat-williams/>



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Introduction:

This session aims to answer.

- 1) What do emotionally resilient people know?
- 2) How can we teach it?

Opening quotations:

‘I think I am coming to the conclusion that there is only one problem—and it’s one that almost everyone shares: LOW SELF-ESTEEM’

(Gael Lindenfield, *Self-Esteem*).

‘Tell me how a person judges his or her self-esteem and I will tell you how that person operates at work, in love, in sex, in parenting, in every important aspect of existence - and how high he or she is likely to rise. The reputation you have with yourself - your self-esteem - is the single most important factor for a fulfilling life.’

—Nathaniel Branden



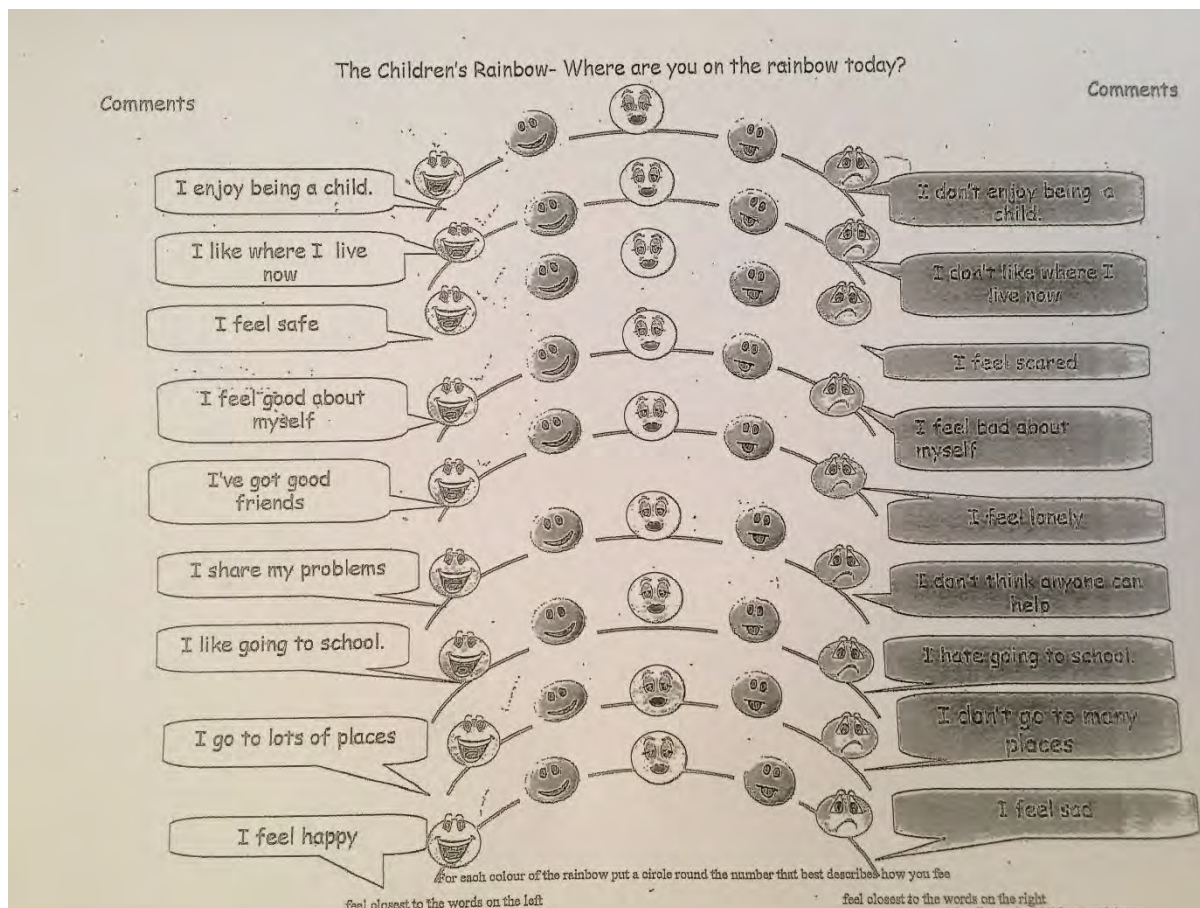
‘TOILET SEAT THERAPY’ – a technique to analyse and increase emotional resilience <http://bit.ly/TSTherapy>

Having watched the TEDx talk, ask the following questions.

- 1. LEFT WALL – Negatives.** What can you identify are your threats or fears, or reasons why you might not feel ok? e.g. ill-health, bereavement, conflict, financial problems.
- 2. REAR WALL –** what **negative coping strategies** do you sometimes use to de-stress? e.g. excess alcohol, junk food, anger / frustration at ourselves or others, ‘self-harming’ habits or addictions
- 3. FLOOR –** is your mind-set ‘FIXED’ or ‘GROWTH’? Ask yourself “How can I learn and grow as a result of this situation?”
- 4. CEILING – ‘Liquid luck’ –** allow self-confidence to flow in and to fill you up, especially at a time when you need it most.
- 5. MIRROR –** how are you speaking to yourself? Are you your ‘own worst enemy’ or your ‘supportive best friend’?
- 6. WINDOW –** are you speaking to others like a Gremlin (critical), or like Winnie the Pooh (empowering)?
- 7. RIGHT WALL – Gratitude.** What are the positives that help you to feel ‘OK’? e.g. hobbies, friends, children, family, health, wealth, material comforts.
- 8. SINK –** what emotions or issues are you being ‘filled up’ by? How would it feel to let them go?
- 9. DOOR –** what **positive coping strategies** can you use to keep you at your best e.g. fresh air, exercise, tryptophan rich foods, sunshine, intimacy, laughter, hobbies, positive friends and family, sleep



Principle One 'Left Wall' - Emotions – in particular the role of FEAR in generating negative emotions.



1) **Rainbow Chart** I use this to explore and chart feelings. Each time we use a different colour to show changes in how the child is feeling.

2) **Verbal feelings 'Checking-In' Score**

Several schools I work in ask for a 1 (very sad) – 5 (very happy) score when they take the class register each morning and afternoon. The score is noted down and further assessment of a particular child's well-being can be taken as necessary.

3) The Story of the Chinese man and his son

A story about controlling how we feel and not assessing events as 'good' or 'bad' too quickly.

A farmer lived with his son raising horses and vegetables in the days of ancient China. One day the son broke his leg. The townspeople expressed their sadness by saying "You must be very distressed about your son's leg, for now you must work the farm alone."

The farmer replied, "Maybe, maybe not."

As the son's leg was healing, the Emperor declared war and drafted all the young men for battle, but the farmer's son was rejected because of his broken leg.

The townspeople heard about this and said to the farmer, "You must be very happy about your son's condition for it saved him from going to war!"

The farmer replied, "Maybe, maybe not."

As the son limped around the farm doing his chores, he accidentally left the gate open one night and all 100 horses ran away.

The next day, townspeople came out and said to the farmer, "It is so sad that you lost all your livestock. Now you will make very little money."

The farmer replied "Maybe, maybe not."

News came to the farmer that the war was over and the Emperor decided to hold a lottery and redistribute all the



livestock. The farmer drew the long straw and received 500 head of horses. The town's people rallied around him and said, "You must be very happy now that you have prospered so richly!" ...and what did the farmer say?!

The farmer knows something that few people will ever understand. Events themselves have no meaning except the meaning you give them.

The Chinese farmer decided that he would not let his emotions carry him high or low.

He simply controlled what he could, stayed calm and let events take their course.

He did not let events control him because he knew a secret: Events have no meaning until they are "inside you". With this idea in mind, hopefully you will be a little more reluctant to label any event that takes place as being good or bad.

Approach events as the Chinese farmer does: "Maybe, maybe not."



4) The analogy of us being like cars on a road

I use this with secondary school children and adults as a way of explaining how negative emotions are generated, and therefore how to understand and control our reactions to them.

Imagine yourself as a car travelling down the 'road of life':

- We cannot control the road ahead, the weather conditions, what is around the corner, or how other people drive.
- When something unexpected and difficult happens it can feel like a 'car crash' and like we have been forced on to a different and unexpected road.
- All we can actually control in life is our 'engine' (how we feel about ourselves) and the fuel we choose to run on POSITIVE 'I'm okay' fuel or NEGATIVE 'I'm not okay' fuel.
- Negative emotions stem from fear.
- When an event happens our brain asks 'can I cope with this'. If we feel we cannot then we feel 'not okay' / 'stressed' and negative emotions are emitted from our 'exhaust'.

"There is nothing either good or bad but thinking makes it so" Hamlet

- Events are neutral. How we feel about something depends on how our 'engine' / self-esteem (self-confidence, self-worth or self-respect) is affected.

"No-one can make you feel inferior, without your consent" E Roosevelt



- Feeling stressed is a choice. No-one can make us switch from feeling 'okay' to 'not okay'.

“Fear makes strangers of people who should be friends” Shirley MacLaine

- In relationships we usually get distracted and threatened by the negative emotions of others, rather than being curious about the underlying fears that have created them.

***“People are like sharks. They only usually attack
when they feel attacked”. Virginia Satir***

The role of our brains:

- Often our emotional reactions are based on previous negative memories of similar people or events, these memories are stored and recalled from the Amygdala cells in our brain.
- Our amygdala cells are like our 'inner Meerkat' – they are always on the look out for possible threats, even if there might not be any anywhere!
- These days we are safer from physical threats (that we were when we were hunters and gatherers) but we have more emotional threats (especially due to 24 hour a day access to technology and social media).
- Our brain tries to protect us and might release adrenalin due to perceived threats e.g. similarities to an event we have experience as *negative* before. This would be F.E.A.R - '***False Evidence Appearing Real***'.
- Understanding the cause of negative emotions helps us to control our response to them



Using Fear in Communication and Relationships:

- Having the strength and confidence to acknowledge our underlying vulnerability or fears usually disarms the other person in any potential conflict scenario.
- By ‘throwing down our weapon’ e.g. offering a deeper explanation or apology (if appropriate), we demonstrate our intention to speak openly and to get to the heart of an issue.

*“I spent a lot of years trying to outsmart vulnerability,
until I realised its power” Brene Brown*

**See Brene Brown’s excellent TED talk on The Power of Vulnerability
<http://bit.ly/BBVulnerability>*



Principle Two 'Rear Wall' – Self-harm / harming others

i.e. Negative Coping Strategies

We often 'self-medicate' or block unwanted negative feelings by using short term strategies that make us feel better at the time, but ultimately make us feel worse about ourselves.

Examples of negative coping strategies with the potential to become habits and addictions are:

Social media / internet / gaming addiction, comfort eating, cutting or inflicting physical pain, hair pulling, eating disorders, alcohol, drugs, obsessive compulsive disorder. Bullying or abusing others.



Principle Three 'Floor' – Mindset

Based on the work of Carol Dweck, see her TED talks:

<http://bit.ly/ThePowerofYetFeb2017>

<http://bit.ly/CarolDweckMindset101>

FIXED versus **GROWTH** mindset

I'm no good at this

I'm on the right track

I can't make this any better

I can always improve, I'll keep trying

I made a mistake

Mistakes help me improve

I don't understand

What am I missing?

This is good enough

Is this really my best work? I think I can do better.

I'll never be as good as him/her

I'm going to figure out what he/she does

I give up



I'll use some of the strategies I've learned

I can't do this

I haven't done it before but I'll give it a go

This is too much for me

This may take some time and effort and that's ok



Principle Four ‘Ceiling’ – Self Worth

Happy Potter clip of ‘Liquid Luck’:

https://www.youtube.com/watch?v=9HQ7i_xcqj4

Harry puts ‘liquid luck’ in Ron’s drink because Ron has no self-confidence before a Quidditch game. Ron drinks it and instantly feels full of self-belief. In a later scene we learn that Harry actually put nothing in Ron’s drink. I use this story to illustrate the power of self-belief, we can and must find self-belief, especially when we need it most.

Breathing and Meditation – breathing deeply and slowly is the most effective way to calm our physiological ‘fight or flight’ response, we are trying to tell the body to relax, and it will follow our lead if we calm our breathing first. Search ‘square breathing’ and give it a try.

Use the Power of Your Imagination – our imagination is the strongest tool we have to improve our well-being. Our physiology cannot tell the difference between *being* relaxed / confident / stress-free etc and IMAGINING that we are relaxed / confident / stress-free etc

Technique: Take just a few minutes and imagine the ceiling above your head opens and sunshine pours in, no matter what the weather



is outside. This sunshine is self-worth and self-confidence and you feel it filling you up from your head downwards, pouring out from your fingers and toes. **Close your eyes. Breathe it in deeply. Smile. Say out-loud “I’m okay.... I’m okay”.** Remember the quote “No-one can make you feel inferior, without your consent”. Use these few moments to imagine feeling okay about yourself, confident, relaxed and calm no matter what is happening around you in your life – if you can imagine it, then you can make it true!

The Story of the Twins and the Storm Lantern.

A story about how to find self-belief and self-confidence, and why it is important.

This is based on a true story, and it’s quite sad at the start, but keep reading and you’ll see what happens, I hope you enjoy it.

There was once a twin brother and sister. Their mother very sadly died, and their father said he couldn’t look after them, so they were sent away to live with a relative. The relative didn’t really want them and they had no friends and no toys. They felt unloved and unwanted and didn’t think they would ever feel okay or happy ever again.

They felt so unwanted and empty and dark inside that when they joined their new school they immediately caused trouble. They found that they felt a bit better about themselves when they were told off because at least they were spoken to and noticed. They didn’t feel like sitting nicely and doing work because they didn’t believe they could be good at anything, so they gave up easily. They didn’t really try to make friends because they thought no-one would like them even if they tried. They didn’t try sports or hobbies or new activities



because trying something new felt scary and they didn't feel brave enough. So, they would mess about in class, not make good choices, pick on and bully other children in the school to feel powerful and feel better about themselves and to be noticed, and pretty soon they were known all over the town as children who were naughty. No-one wanted to be around them.

One day the girl twin was passing a garden and heard an old lady talking to a boy, the girl hid behind a tree and listened.

The old lady was telling the boy about how to feel okay. She said "how you feel about yourself is the most important thing you can ever know about, feeling okay about yourself is like having a lit storm lantern inside you. Everyone is born with a light within us that tells us we're okay just as we are. No matter what we look like, or how much money we have, or what language we speak, or whether we have things wrong with our bodies when we are born, or what we are good at or what we find difficult, we still have the same amount of light within us as anybody else, we are all okay the minute we are born. No-one can take the light away, just like even strong wind and rain cant blow out the light in a storm lantern, it always stays there.

The light can feel like it is not shining as brightly sometimes, and that's when you don't feel good about yourself, you don't feel at your best, but there are ways that you can make it shine bright again, it just takes practice. Lots of children and adults don't know that the golden light of feeling okay is the most important thing they can ever know about, because when you know you are okay no matter what happens to you, and no matter what anybody else says or does, then you know you can always make thoughtful choices in your life, even during sad or difficult times."

When the other boy had gone the little girl came out from behind the tree and said to the old lady. "I definitely don't have that golden light



in the storm lantern inside me. My brother and I are unwanted by everyone, no-one loves us and we know that we will never feel okay about ourselves”.

“Ah” said the old lady, “you have had a very hard time so far in your life, but doesn’t always have to be like that as soon as you know about the golden light of feeling okay about yourself.”

Over the next few weeks the little girl visited the old lady whenever she could. The old lady taught her how to help her golden light to burn brighter. Together they found things that the little girl was good at. She tried drawing and painting, she helped the old lady to cook and dig in her garden, they read stories and sang songs and the old lady talked to her about the planets and animals and all sorts of other amazing things.

Gradually the little girl started to feel that she could be good at things just like everyone else, she had a friend, the old lady liked her and she was starting to feel okay about herself, her golden light was glowing brighter!

She hadn’t told her brother about the old lady yet because she was afraid that he would laugh at her for visiting, but she told him that night about feeling more okay and about the golden light. She said she didn’t want to get into trouble any more, she wanted to learn at school and try new things and make friends.

The brother went to visit the old lady too but when he got there he was too afraid to go in, he said to the old lady “I know I’ll never be any good at anything, there’s no point trying, I’ll just fail, I’ll never be able to be anything except what I already am, I don’t need friends anyway, I’m better off by myself”.

His sister was very sad that he felt like that, she wanted to help him, and she tried and tried to tell him that he could feel good about himself too. In the end the old lady said;

“If your brother really feels that he’s not ok in side, then no one can change his mind until he lets them. It’s the same for all of us, nobody can make us feel anything about ourselves, whether good or bad, we have to decide for ourselves how we feel inside. If someone bullies us, or is mean to us, or something bad happens, then we don’t have to let that change how we feel about ourselves, we can always know we are okay and just as good as anyone else. Someone who is mean will be feeling dark inside for some reason and they are trying to feel more powerful.

The old lady moved away a few weeks later to live with her daughter and the twins were left on their own once more. The little girl felt very sad to have lost her only friend, but the old lady had shown her how to make her golden light shine, and she had started to find others around her who needed help with making their golden light shine. She noticed some children found it difficult to make friends, just like her, or they might not think they were very good at something, so she started to help them, just like the old lady had helped her. She became one of the kindest and friendliest girls in the school.

Are you wondering what happened to her brother? He noticed the change in his sister, she was happy and enjoying school and doing really well, he wanted that too. As he grew up he tried lots of ways on his own to find the golden light that is sister had found. He got a job earning lots of money and bought lots of things, but he still felt dark inside, he married a pretty girl, but they fell out with each other and he felt dark again, he tried moving away and visiting lots of different places, but he still felt the same about himself inside, he didn’t know how to find his golden light. Then, one day he was walking past a school. The children were all playing in the playground and he stopped to watch. He finally understood what the old lady had meant. All the children in the playground were different,



some were tall, some short, some could run fast, some were reading on the grass, some were blue eyed some had brown eyes and dark skin, but they were all amazing, and they were all good enough just because they were themselves. He was amazed! He realised at that moment that he wanted to be a teacher, he wanted to help all children to know that they had a golden light within them, and that they could feel okay about themselves no matter what, and that when they did they could make amazing choices and be happy.

If you make bad choices sometimes, or you know someone, a child or an adult, who doesn't always seem kind, then, just like the children in this story their choices will be because of how they feel about themselves inside.

We can all feel dark inside sometimes, here are THREE ways to help to keep your light shining and to feel at your best:

- 1. Be friendly especially if you think someone's light is a bit dark that day, as soon as we help someone else our own light will instantly shine brighter and we'll feel better ourselves.*
- 2. Keep doing the things you enjoy, enjoying them makes your light shine bright, and try new things because that makes your light shine too, keep going if you find something hard, it will really make your light shine when you can finally do it!*
- 3. Try the instant 'sunshine coming through the ceiling' technique whenever you are alone and feel a bit dark inside, we will all do this together now and be filled up with sunshine.*

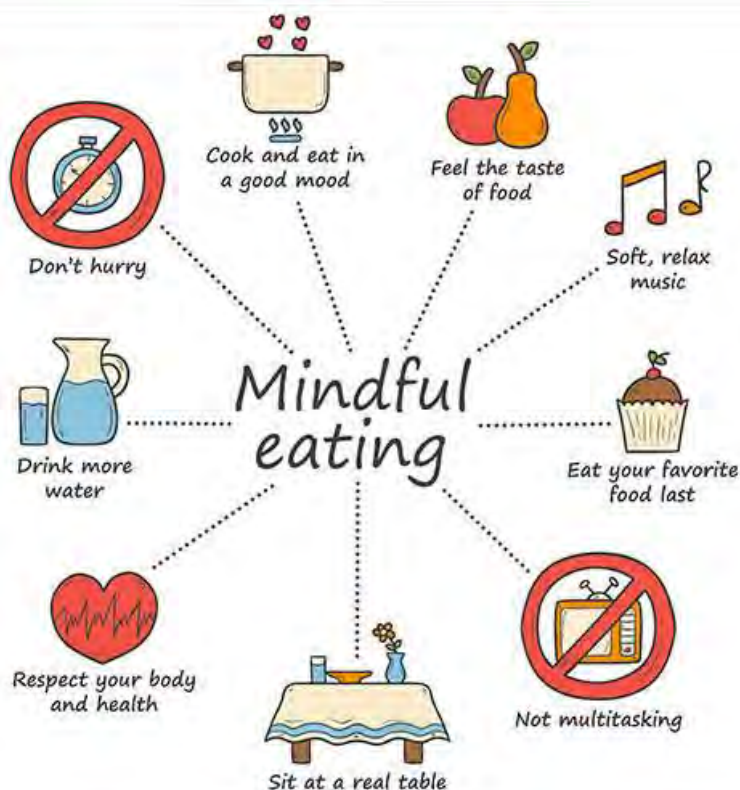


Lessons from the story of the Twins and the Storm Lantern:

1. We are all born with equal self-worth
2. Nothing and no-one can change how we feel about ourselves, whether good or bad.
3. We decide how we feel about ourselves
4. We can control aspects of our lives and can help our light to shine
5. We can understand the behaviour of others better if we acknowledge their 'darkness' at times.
6. We can help others with their 'light' (if they are able to let us) and in doing so can help ourselves as well.

Final visualisation exercise of sunshine pouring into our bodies, filling us up, breathing it in. Our worries and problems that threaten how we feel about ourselves are feathers floating in front of our faces... we gently blow and they float away.

A poster to highlight the benefits of mindful eating:



A lesson for **confidence, resilience and friendship skills.**

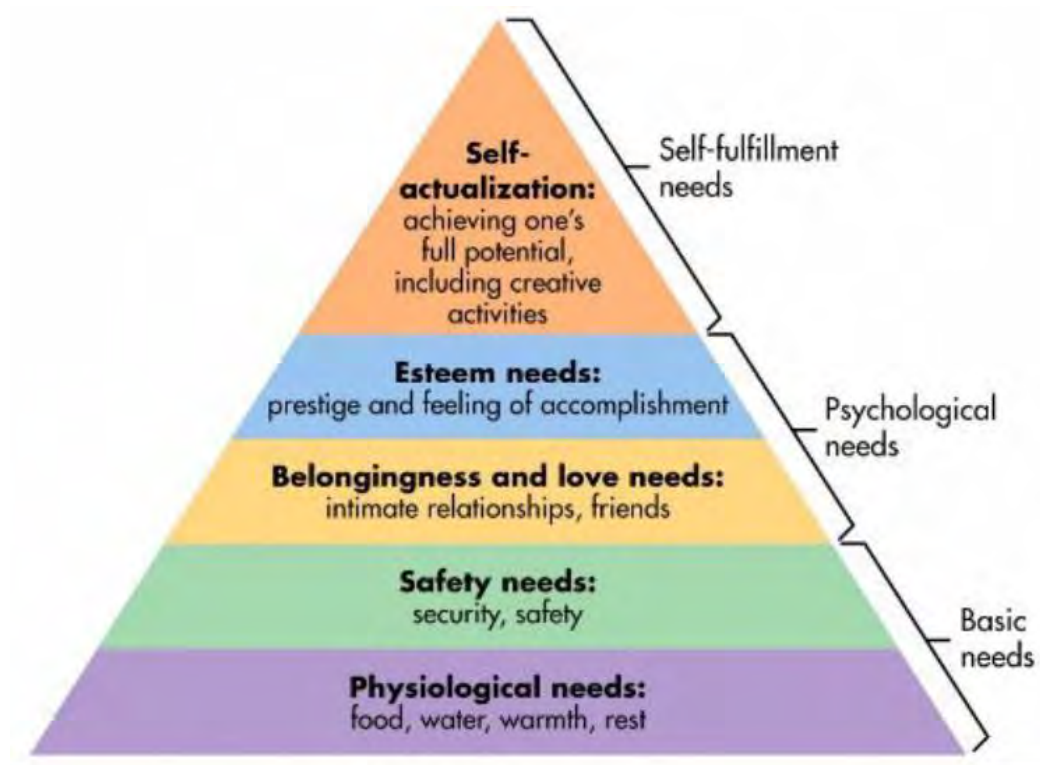
I explore some or all of the questions below during a lesson or workshop on friendship, confidence for tests, transition, change etc.

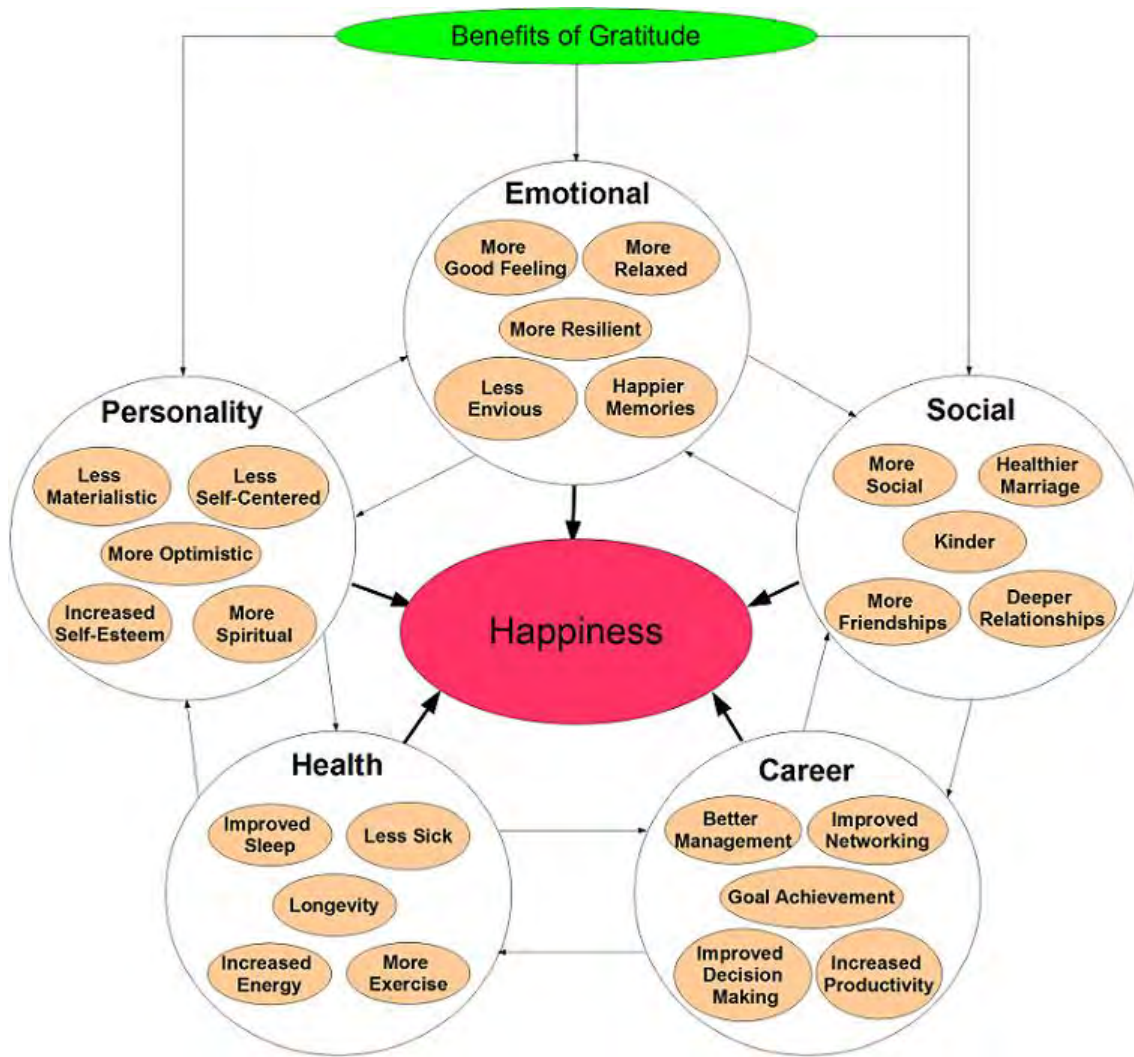
- 1) What would a friendly / confident / enthusiastic class look / sound / feel like?
Happy, Friendly, Supportive, Successful, Fun, Positive
- 2) What one thing makes the difference?
How each person feels about themselves, and therefore acts towards others
- 3) Why and when do we need self-confidence / self-esteem?
All the time, in order to believe in ourselves and give our best
- 4) What does confidence look / sound / feel like?
Relaxed, positive, open-minded, hopeful, friendly, okay even if something is hard
- 5) Do we look confident first, or feel it first?
It can be either, sometimes we need to act confident to feel confident
- 6) What is healthy self-confidence in one 4-word phrase?
I'm OK, You're OK – it's not 'over confidence' or arrogance
- 7) What affects your confidence / 'dims your light'?
Any situation that makes us question "can I do this?", it is individual to us all
- 8) Why does change or a challenge threaten how we feel about ourselves?
Because it is new and is likely to make us wonder "can I do this?"
- 9) What emotions are caused when we feel less confident or afraid?
Negative emotions from fear can be anger, frustration, jealousy, hatred
- 10) Why are we sometimes frustrated, angry or criticise or even bully others? Can anyone be a bully?
Anyone can be a bully. We criticise or bully others to feel better about ourselves.
- 11) What can someone / something else, or a bully, never actually do?
Change how you feel about yourself – only we decide that
- 12) What is the most important 3-letter word for self-confidence?
Yet
- 13) How can we find our 'liquid luck' / instant self-confidence when we need it?
Using our imagination / the 'sunshine' technique / 'EFT' / Mindfulness
- 14) What are 5 ways to be a good friend and help other people?
Words; Acts; Touch; Gifts; Time
- 15) What does your worst enemy / inner 'Gremlin' voice sound like?
You're stupid, too young, too old, too fat, not good enough etc
- 16) What does your inner best friend / 'Winnie the Pooh' voice sound like?
You can do this, no-one is perfect, just be yourself and show what you can do
- 17) What helps you to shine? What is in your 'confidence balloon / rainbow? What can you write in someone else's to help them to shine?
Things that meet my 6 human needs and bring me Pleasure, Purpose and Peace
- 18) Why is it important to keep maintaining our 'light' and to keep working on feeling 'I'm Okay You're Okay'? So that I can be my best as must as possible.

Principle Five 'Right Wall' Needs / Gratitudes:

We need to consciously find things to be grateful for. Our brains are hard-wired to find 'threats' and things to worry about, so we need to remember to look for gratitude's whenever and wherever we can to balance out our physiological instincts.

Maslow's hierarchy of needs reminds us of everything we have to be grateful for, and also that the final 'pinnacle' is under our control, we need to aim to reach our full potential by believing in ourselves and deciding who and what we want to be.





Principle Six 'Mirror' – Self-talk

Video of the pop song 'Colby Caillat Try' about self-esteem and self-love.

<http://bit.ly/Youdonthavetotry>

Winnie the Pooh and Gremlin analogy

I use teddy bears of Winnie the Pooh and Gremlin to represent the 'best friend' and 'worst enemy' voice that we all have in our own heads.

Children have often heard of the 'angel' and the 'devil' voice and they can identify with this and can give examples of what each voice can sound like. Many of my clients have listened to a 'Gremlin' voice telling them they are 'not good enough' all their lives.

Best friends and good friends

I talk about the need to be our own 'best friend' rather than fixating on having a particular other person as a 'best friend'. I see a lot of problems with children who 'need' a best friend, and then might be rejected by that friend, or feel lost when they are not there. I prefer to encourage children to be a good friend to as many others as possible, and to be our own best friend.

Positive Affirmations

I use positive affirmation 'Yes mum' cards

<http://www.londonhypnobirthing.co.uk/product/yesmum-mini-cards/>



to help pupils change how they speak to themselves. I ask children whether they agree or disagree with each statement, and we discuss why they feel as they do. Over a few weeks I am delighted when children start to agree with more and more of the statements.

I feel healthy and happy

It is okay to feel upset and frustrated sometimes

I enjoy learning new things

I can make good choices

I overcome and learn from my challenges

I accept myself even when I make mistakes

I have friends who like me because I'm me

I am a good friend to myself and to others

It's okay to get things wrong

I can do difficult things

I am kind, clever and strong

I can do anything I put my mind to

I feel confident, safe and loved

I am not afraid to ask for help

I am a winner

I am good at lots of things

I make decisions that feel right for me

I try my best at things

It's okay for me to say how I feel



Each day I am learning and growing

I don't need to copy others because I enjoy being myself

I am unique and special

When I feel angry I slow down and take some deep breaths

I believe in myself and my abilities

When I' having a hard time I find someone to talk to

Everything is going to be okay



Principle Seven – ‘Window’ – Relationships, how do we speak to others?

Cookie thief poem – I use this to explore how quickly we can judge others as being ‘wrong’ and ‘to blame’ but often we should be looking at ourselves and wondering how we could have been more understanding or cooperative.

A woman was waiting at an airport one night, with several long hours before her flight. She hunted for a book in the airport shops, bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see, that the man sitting beside her, as bold as could be. . .grabbed a cookie or two from the bag in between, which she tried to ignore to avoid a scene.

So she munched the cookies and watched the clock, as the gutsy cookie thief diminished her stock. She was getting more irritated as the minutes ticked by, thinking, “If I wasn’t so nice, I would blacken his eye.”

With each cookie she took, he took one too, when only one was left, she wondered what he would do. With a smile on his face, and a nervous laugh, he took the last cookie and broke it in half.

He offered her half, as he ate the other, she snatched it from him and thought... ooh, brother. This guy has some nerve and he’s also rude, why he didn’t even show any gratitude!

She had never known when she had been so galled, and sighed with relief when her flight was called. She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate.



She boarded the plane, and sank in her seat, then she sought her book, which was almost complete. As she reached in her baggage, she gasped with surprise, there was her bag of cookies, in front of her eyes.

If mine are here, she moaned in despair, the others were his, and he tried to share. Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief.

Valerie Cox

This poem also illustrates what happens when you assume the worst of someone. One mistaken assumption lead to further misrepresentations of the man's character until it was so distorted in the woman's mind that he was the complete OPPOSITE of who he really was.

I see this a lot. People disagree, which is natural, but then begin adding motive and character assassinations until the whole issue is so completely distorted no one knows the truth of it anymore.

And yet everyone just KNOWS they are completely right, because they have begun with an assumption and very logically proceeded, in their own mind, to how the person ended up where they were, what they meant by what they said and their motivation (always purely evil) for saying it.

It is often more revealing about the accuser than it is the accused.

***“When you judge another, you do not define them,
you define yourself” Dr Wayne Dyer***



Love languages

There are five 'languages' to show that we care about someone / empower them / give recognition / boost confidence: The different languages are more / less important for different people. Try to think about what would mean the most to the other person, or even ask them!

Words: *e.g. How are you, can you tell me more about X, well done, thank you, I'm interested in understanding what you think about X.*

Acts of service: *e.g. Is there anything I can do to help?*

Time: *e.g. I've always got five minutes to talk, if it's important to you, then it's important.*

Touch: *e.g. Shake hands, touching the upper arm, perhaps a hug.*

Gifts: *e.g. How shall we celebrate / acknowledge the hard work of the team / class when we've completed this?*

Which one(s) might be the 'language' of the other person?

"Praise is like sunshine to the human spirit.

We cannot flower and grow without it" Jess Lair



“The first to apologise is the bravest, the first to forgive is the strongest, the first to forget is the happiest”

Anonymous

“Don’t wait for people to be friendly; show them how”

Anonymous

“Kindness is in our power, even when fondness is not”

Samuel Johnson

Friendship Exercise

With pupils of any age this can be a very positive thing to do.

Each child writes their name on a sheet of paper. The paper is then passed around in a circle to all the other members of the group, one at a time. Each person who receives the piece of paper writes something positive about the person who’s name is at the top. It is something that they like about them, or something that they do well, or something that they know will help with their self-confidence.

When the paper gets back round to where it started each person will have lots of positive statements about them, and will have written many positive things about their class mates.



Principle Eight 'Sink' – How to we let go of unwanted negative emotions, or unwanted limiting beliefs?

Emotional Freedom Technique – a tapping technique for handling and releasing overwhelming emotions.

There are many links about EFT on YouTube, here are just a few.

Demo of Tapping Points

<https://youtu.be/CSp3UzARSJE>

Using Emotional Freedom Technique in a school setting

<https://www.winona.edu/counseloreducation/Media/Emotional%20Freedom%20Techniques.pdf>

YouTube video of EFT with pre-teen Megan

<https://youtu.be/3OmJpZguf5s>

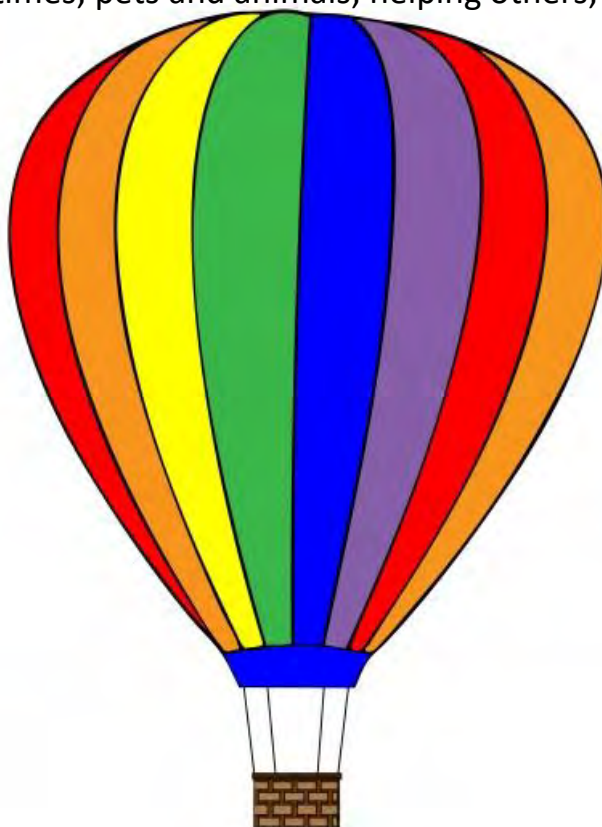


Principle Nine 'Door' – Positive Coping Strategies

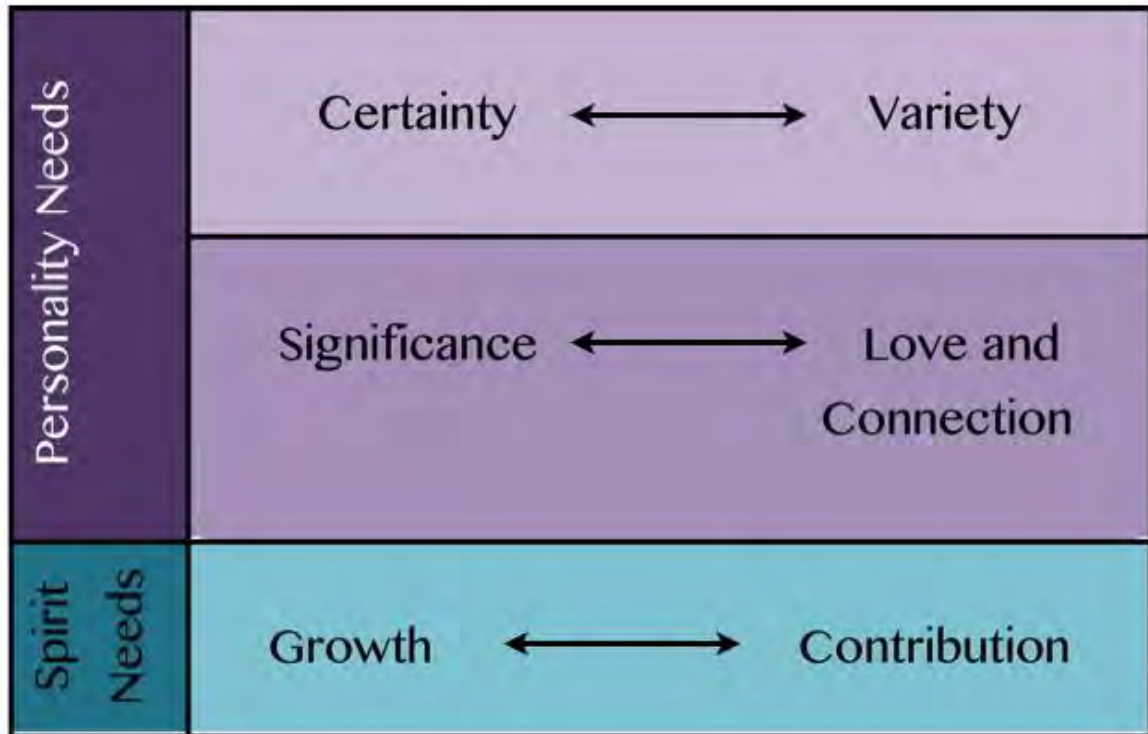
Balloon Exercise

Use the image of a hot air balloon to ask yourself a) What fears do I allow to weigh me down e.g. "I'm not good enough / not loved enough". b) What activities help me to be at my best i.e. what lifts me up? What do I 'need' in my balloon in order to be at my best and feel full of confidence and shine?

Examples of positive coping strategies are ones that bring us PLEASURE; PURPOSE and PEACE (ideally all three at once!): Learning new things; being creative; eating healthily (Tryptophan rich foods have natural happiness chemicals e.g. chicken, nuts, dark chocolate), drinking water; exercising; getting fresh air and sunshine; looking at a view especially of natural water; family time; time with friends; meditation; time alone; reading; favourite hobbies and past times; pets and animals; helping others; work.



6 human needs

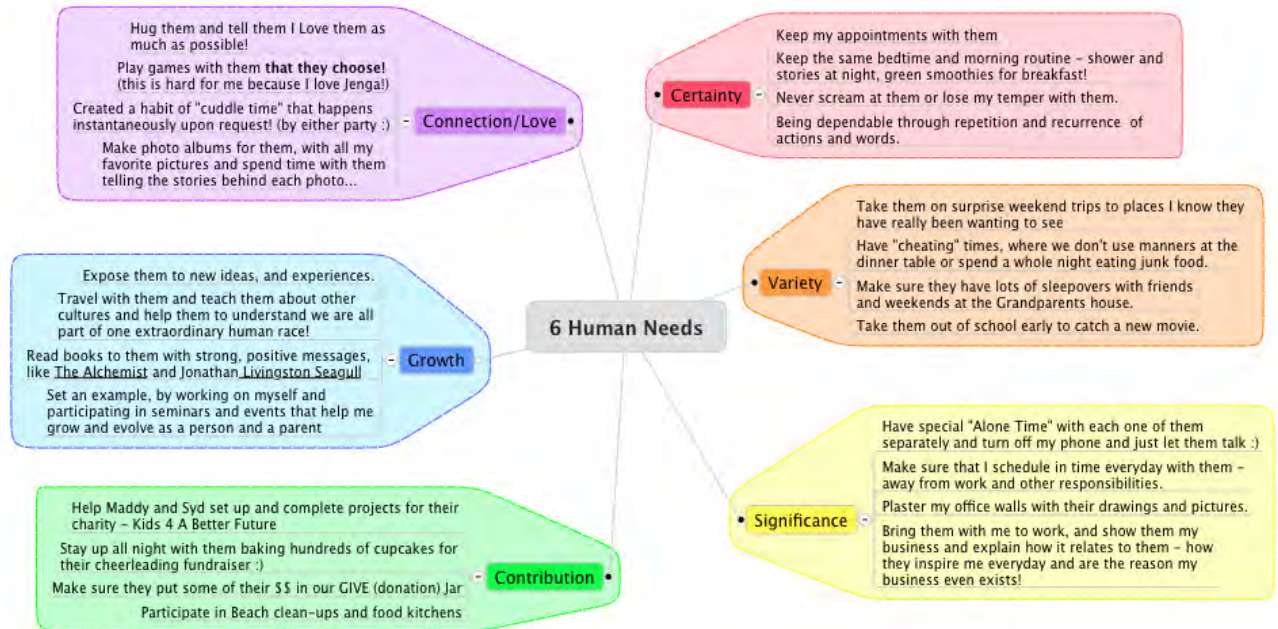


Tony Robbins describes 6 human needs. When we are missing one or more of these needs we sometimes try to meet that need in negative ways, such as;

- Withdrawing from activities because we don't feel certain
- Trying a dangerous new hobby because we feel 'stuck'
- Becoming aggressive and disruptive because we feel unimportant
- Becoming promiscuous because we crave affection

Can you think of any needs that you may not be fully met at the moment. What positive ways can you think of to meet them? Add these ideas to your balloon.

Ideas for ways to meet our children's 6 needs:



Appendix: Powerful Quotations for Self-Confidence and Self-belief:

“Life is not the way it’s supposed to be, it is the way it is. The way you cope with it is what makes the difference” Audre Lord

‘I think I am coming to the conclusion that there is only one problem—and it’s one that almost everyone shares: LOW SELF-ESTEEM’

(Gael Lindenfield, *Self-Esteem*).

Nathaniel Branden described self-esteem as ‘the sum of self-confidence (a feeling of personal capacity) and self-respect (a feeling of personal worth)’.

‘Tell me how a person judges his or her self-esteem and I will tell you how that person operates at work, in love, in sex, in parenting, in every important aspect of existence - and how high he or she is likely to rise. The reputation you have with yourself - your self-esteem - is the single most important factor for a fulfilling life.’

—Nathaniel Branden

“Staying calm and content is about self-esteem.” Cat Williams

. As Shakespeare observed, ‘There is nothing either good or bad but thinking makes it so’



“Men are disturbed not by events but by their opinion about events”

Epictetus

‘It is not easy to find happiness in ourselves,
and it is not possible to find it elsewhere.’

—Agnes Repplier

“Don’t try to think less of yourself, try to think of yourself less”

American psychiatrist George Vaillant

‘You have so much pain inside yourself that you try and hurt yourself
on the

outside because you want help’

—Princess Diana

‘For some reason, all artists have self-esteem issues.’

—Whoopi Goldberg

‘No one can make you feel inferior without your consent.’

—Eleanor Roosevelt



Bibliography / Links to Further Resources

Activity Cards

Mindful Games – 55 ways to Share Mindfulness with Kids and Teens – Susan Greenland and Annaka Harris.

Fink Communication cards – www.finkcards.co.uk

Positive Affirmation cards - <http://www.londonhypnobirthing.co.uk/shop/>

The Nurturing Game by Family Links

Books

Stay Calm and Content No Matter What Life Throws At You – Cat Williams

Tiny Buddha's Gratitude Journal by Lori Deschene

Teaching Well-being in Schools by Ian Morris

Who Moved my Cheese? An amazing way to deal with Change by Dr Spencer Johnson

The Pursuit of Happiness by Ruth Whipmann

The Happy Kitchen by Rachel Kelly

The Happiness Hypothesis by Jonathan Haidt

Magic Words: discusses seven words that will motivate people into action – Tim David

The 5 Love Languages: The Secret to Love that Lasts – Gary Chapman

