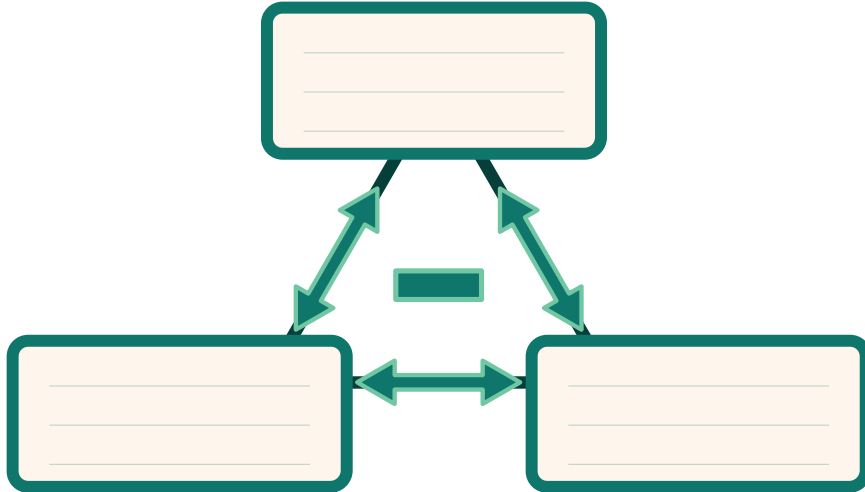


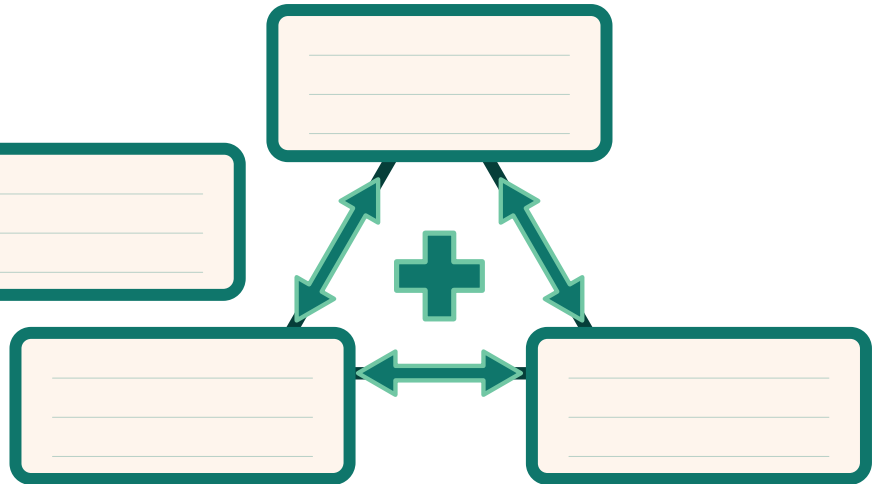
USING THE DIAGRAMS BELOW, CONSIDER IF YOU WERE TO LOSE YOUR JOB, HOW COULD YOU RESPOND?

Complete the triangles below by writing in what the negative thought pattern could be on the left and what the positive thought pattern could be on the right.

NEGATIVE



POSITIVE



COMPLETE THE TABLE BELOW

Go to the NHS website and note down five mental health charities and for each one, write a short description of what services they offer.

CHARITY

SERVICES THEY OFFER

CHARITY	SERVICES THEY OFFER
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>





DISCUSS AS A CLASS SOME STRESSFUL EXPERIENCES THAT ONE COULD GO THROUGH

Note down in the spaces below some of the bigger life stresses that people can experience in their lifetime.

STRESSFUL LIFE EXPERIENCE

RANK ORDER

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

THE HOLMES & RAHE STRESS SCALE

Look at the Holmes & Rahe stress scale and note down the rank order for the stressful experiences you listed above.

THINK ABOUT THE THINGS THAT ARE CAUSING YOU STRESS RIGHT NOW, AND THINK ABOUT HOW YOU CAN SOLVE THE PROBLEM

In the space below, list some of the things that are causing you stress and consider how best to solve the problem. It could be as simple as talking to someone about how you're feeling.

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