

## **Living in Safety and Stability**











**Purpose:** To provide participants with an opportunity to explore common techniques used to handle stressful or difficult situations.

8

## Participant learning objectives:

- 1. Participants recognise 'bad times' can be normal and that everyone experiences them
- 2. Participants learn and practice at least one effective technique to handle stressful or difficult situations
- 3. Participants understand more about what makes them happy

CONTENT	METHODS/ RESOURCES	APPROX. TIME
	Slides 88 - 90 can assist with this session.	
Intro to Coping Strategies	Resources:	10 minutes
	Flipchart	_
	Markers	5000
		5
	Inform participants of the purpose of today's session – to provide participants with an	5 ( ) 3000
	opportunity to explore and try out some techniques they can use to handle stressful or	300
	difficult situations.	
	Brainstorm as a group techniques or tools that participants use to help them through	(',
	difficult times / situations.	( · )
	You can record the answers on a flipchart.	
		7

## **Tools and Techniques**

Suggested resources:

Wi-Fi

Laptop

Projector/TV

Art materials

Physical activity equipment

Large hall/ space

You should make this session as relevant and applicable to your group as possible. Below are listed some suggested strategies that young people may use:

Laughter Yoga - a useful step-by-step guide can be found here

https://www.wikihow.com/Do-Laughter-Yoga or alternatively here is a guided video https://www.youtube.com/watch?v=SVkG3L79sL4

This may require some high energy and enthusiasm from the facilitator to get the group going!

**Guided Meditation** - an example can be found here https://www.youtube.com/watch?v=X7iBnp8T6nY)

**Body Scan** (an example can be found here <a href="https://www.youtube.com/watch?v=z8zX-QbXIT4">https://www.youtube.com/watch?v=z8zX-QbXIT4</a>).

**Breathing Techniques** - useful follow along videos can

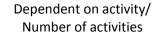
be found here: https://kidshealth.org/en/teens/relax-breathing.html

**Art** – Mindfulness art can be a useful tool for some people to help them relax. Mindfulness colouring in sheets can be downloaded for free from many sites.

Here is a link to Twinkl's free resources:

 $\frac{https://www.twinkl.co.uk/resource/us-t-c-1551-mindfulness-coloring-pages-bumper-activity-pack}{}$ 

**Creation of a Music Playlist** – Ask participants to create their own 'feel-good' music playlist. This can be done there and then, or they can simply make a note of their playlist during the session. Ask participants to stick on their feel-good playlist whenever they are feeling a bit down. Never underestimate the power of music on our mood.





	<b>Physical Activity</b> - The levels of chemicals in the brain, such as serotonin, stress hormones and endorphins, change when you exercise. Examples of physical activity include football, dodgeball, dancing, walking etc.	
	<b>Fun Game/Activity</b> – This can incorporate some of the above (laughing, feel good music, physical activity etc.).	
	Reiterate that the key ingredient that underlines each of these activities is happiness; doing things that make you happy.  You can end this section checking in with participants which tools/ techniques they are going to carry forward.	
Check-Out/ Evaluation	Resources: Informal evaluation ideas Choose an activity from the list provided.	10 minutes

