

Stronger Minds -Content

The structure has been created to help guide you through the content. It is not necessary to follow the numerical order of the content or to complete every activity. Different activities will work better in different settings and with different groups of young people.

This programme is intended to be preventative. It is not intended as a treatment for any mental health condition, although people who are managing a mental health condition may, like anyone else, benefit from learning about ways to support their wellbeing.

The Stronger Minds Partnership can deliver this programme to your setting.

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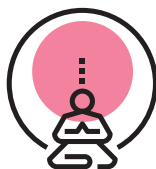
You can download copies of this pack from the Resiliencefoundry.com website.

Activities are described as 'main'; 'side'; or 'finisher'. Main activities could be the focus of a session. Side activities might be quicker and finishers can work well at the end of the session.



MOTIVATION

1 Ikigai	4
2 Planning for a positive Future	7
3 Snakes and Ladders	10



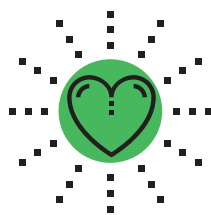
FAITH, RELIGION AND SPIRITUALITY

1 Listening exercise	15
2 Gratitude	17



MANAGING EMOTIONS

1 Problem solving	21
2 Quiz	27
3 Outside in	30
4 Rainbow	31



RELATIONSHIPS

1 Captions	33
2 Case study	35
3 Curate Yourself	37
4 Relationship Qualities	40
5 Relationship Warning Signs	43



PHYSICAL HEALTH

1 Wheel of Life	50
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Icon key



For facilitator use only



To be copied and handed out to workshop group

Icon can be found in top right corner of page