

## FRIENDS FOR LIFE : ways to feel happy and brave ...

	I have tried this	I want to try this	This has helped me
Smile and try to help someone			
Smile, look people in the eye and say hello			
Try your best			
Choose to do something that you know makes you feel happy			
Recognise your feelings (notice your body clues)			
Let others know how you are feeling			
Choose to have green thoughts			
Take time to relax			
Use deep breathing (milkshake breathing)			
Use sports relaxation			
Choose to notice the happy things around you			
Make a coping step plan (p43) to get me to a goal			
Use support people to help me			
Think of people you admire (role models)			
Use the problem solving plan (p50) to help you make a choice			
Reward yourself for trying			
Try to see the funny side			
Practise all these skills			

The ways that have helped me the most are ...