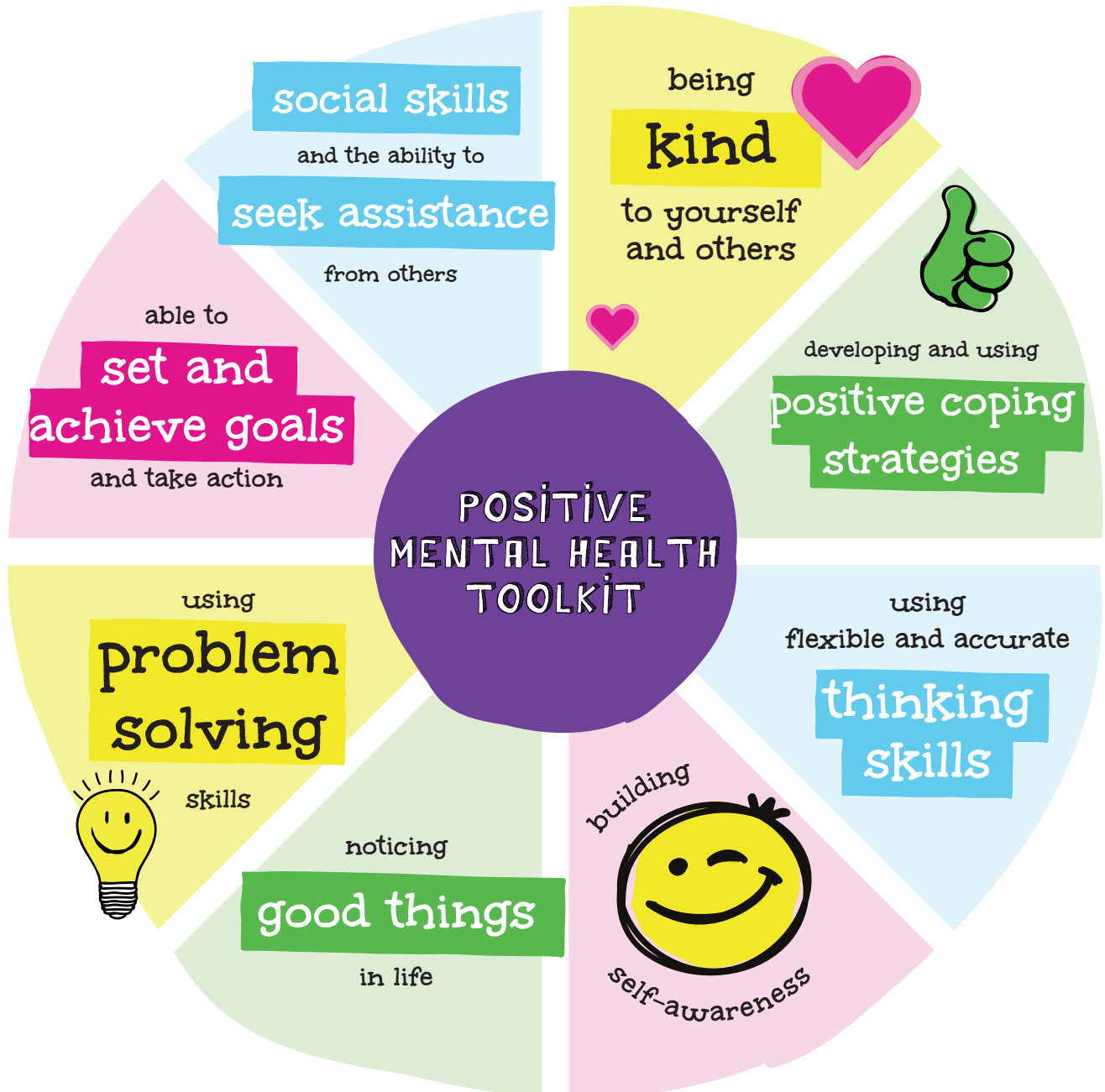


POSITIVE MENTAL HEALTH TOOLKIT

To develop positive mental health and wellbeing we use many practical strategies, tips and activities taken from the wellbeing science of Positive Psychology. The 'Positive Mental Health Toolkit' poster and worksheet cover a selection of eight different wellbeing strategies.

By using these resources you can prompt children and young people to use a range of wellbeing strategies, helping them develop habits that protect against the onset of mental health problems.

You can learn many more practical wellbeing activities and gain a whole toolkit of downloadable resources by joining our [Wellbeing Toolkit Course](#).



ABOUT THE POSITIVE MENTAL HEALTH TOOLKIT

This positive mental health toolkit poster shares eight different types of wellbeing strategy. These are helpful tools we can use to improve the mental health and wellbeing of children and young people.

Social skills and the ability to seek assistance from others

Strategies include supporting children and young people to be able to ask for help while making support that develops positive mental health accessible and available.

Developing and using positive coping strategies

Strategies include calming or distraction techniques and problem solving skills.

Self-awareness

Strategies include recognising comfort zones, helping children and young people to understand themselves and what makes them unique and brilliant.

Being kind to yourself and others

Strategies include developing self-compassion and random acts of kindness.

Flexible and accurate thinking skills

Strategies include the ability to understand and manage thoughts and thinking, how what we say reflects what we think, putting things in perspective and the ability to reframe negatives into positives.

Noticing good things in life

Strategies include savouring, gratitude and the ability to notice enjoyable things in life.

Problem solving skills

Breaking problems down step by step, coming up with solutions and recognising the skills and resources children and young people can draw upon to solve their own problems.

Able to set and achieve goals and take action

Learning to break down big goals into small action steps, keeping motivated and recognising positive progress.

MY NEXT STEPS

What strategies will you use to develop positive mental health?

When and how will you use them?

Ideas

Plans

How will this help you?

What are your next steps?

