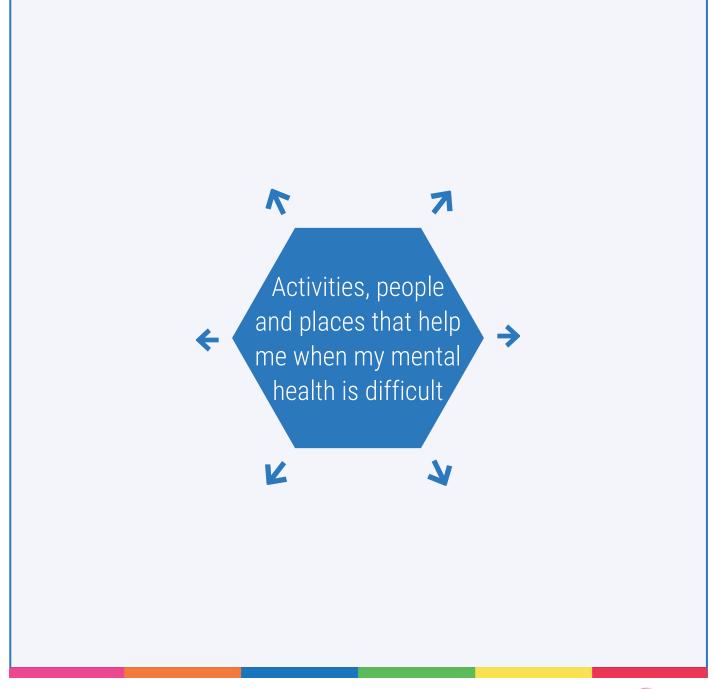
## **Exercise**

## What are the things that you find helpful when your mental health becomes difficult?

Working with your social worker, complete the spider diagram below with some ideas about what to do if things do become hard. Think about hobbies, interests, how you relax, people who support you and practical things that give you a sense of achievement.

Social workers should use this exercise as an opportunity to demonstrate and share mindfulness techniques, including some ideas for you to practice.



Somerset Safeguarding Children Parfnership