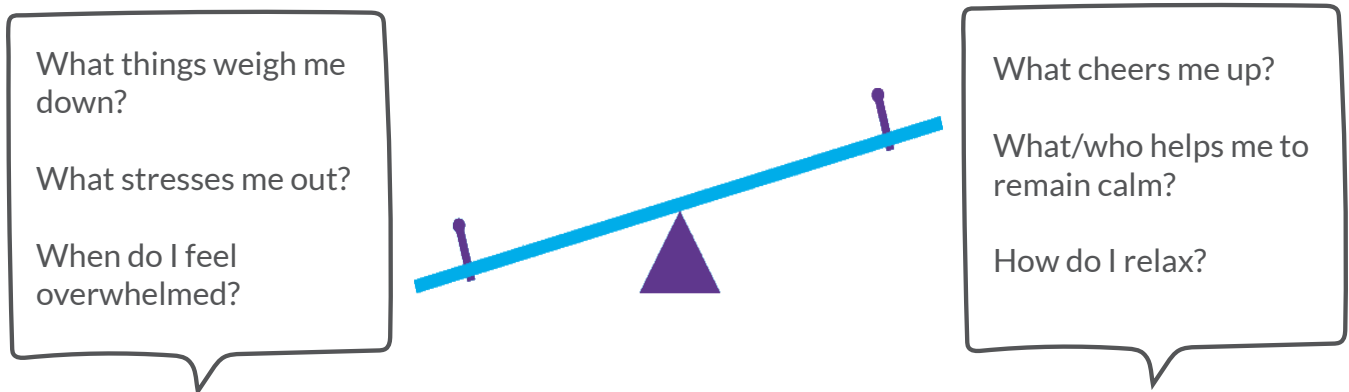


Balancing Act

An activity for staff and children



When considering mental health, it can be useful to think of the elements that play a role in affecting it.



Thinking of this as a balancing act can enable us to identify **times, people and conditions** that may help us to cope and feel more settled when things get tough.

1. In groups or as individuals, think of those times, people and conditions that have a negative impact on you. Are there factors that you can avoid or control?
2. The next step is to ensure that you can have some of the positive elements to counteract some of the negatives. Write down the factors that help to cheer you up, remain calm and the conditions you need in order to relax.
3. Think about when you prioritise your self-care and how you could do this more.

These questions could be used with your friends and colleagues or with pupils.