



Chapter 12: How To Help Myself – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 12

Learning Objectives

- Identify different types of coping strategies
- Learn keys for developing a positive mindset

Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- How would you define the word "cope"?

Toolkit Chapter Review and Story (pp. 44-47)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- What is coping and how can it positively affect mental health?
- How can we start the process of helping ourselves and constructively working on our problems?
 - Short-term and long-term strategies
- Which problems are in our control? Which ones are out of our control? Which ones should we focus on and why?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?