

Student Worksheet – Class 4 – Self-care & Building Resilience



During this unit we have heard from several people about their experience of loss and what helped them to cope. In your groups try to come up with 5 ideas for things that can help people to cope at a time of loss or difficulty.

Things that can be done alone	Things that can be done with others

Uncertainty in life can bring anxiety and worry, this is the case for lots of life experiences including at a time of loss. It is important at times of uncertainty to focus on what we can control and try to let go of the things that are out of our control. Think about things in your life at the moment and fill in the following image.

**IN TIMES OF UNCERTAINTY,
FOCUS ON WHAT YOU CAN CONTROL**

Mental Health Ireland
www.mentalhealthireland.ie

I Can Control

Outside My Control

1 2 3 4 5

5 Ways to wellbeing

We get lots of good advice about how to help our wellbeing. This can be very useful to draw on in our everyday lives when we face difficulties and at time of loss



Image <https://wellbeinginfo.org/self-help/wellbeing/5-ways-to-wellbeing/>

Self-care for me - Having listened to and discussed lots of different ideas over in this unit think about all the things you can do to care for yourself on a regular basis and fill them in below – think of activities you like to do by yourself and with others, people you like to connect with, things you can watch or listen to, tasks you like to do.....

Looking after me – My Self-care plan

The worksheet is titled "Looking after me – My Self-care plan". In the center, there is a photograph of a red heart-shaped stone among several smooth, grey, rounded river stones. Surrounding this central image are ten empty hexagonal boxes, each intended for a student to write a self-care activity. The boxes are arranged in a roughly circular pattern around the central image. The top hexagon is orange, while the other nine are green. The entire worksheet is enclosed in a black rectangular border. The page is decorated with colorful circles and lines in the corners.