

Wellbeing tip - number 2

When your day doesn't go to plan, reflect, draw a line under it and try again tomorrow.

In Tip 1 we talked about the importance of having a plan to create a sense of stability and achievement but what happens when things don't go to plan? It is very easy to feel disillusioned and to want to give up. Before automatically thinking that you have failed, try to see if you can work out **WHY** things didn't go to plan. The chances are it was because of circumstances beyond your control and if it wasn't, use what you have learned from the experience to improve things for yourself next time, seeing it as a learning process which strengthens your character. **Here are some statements you can try saying to yourself to help you accept that sometimes things don't go to plan.**

- ✓ 'I really did my best today given the circumstances.'
- ✓ 'I think I was unrealistic about what I could achieve in one day. I'm going to adjust my plan for tomorrow so that it's a bit more realistic and achievable.'
- ✓ 'Everything is so different at the moment but I'm really learning to work on my resilience (keeping on trying) and I'm discovering emotional strength that I didn't know I had.'

It takes time and patience to reach acceptance and you shouldn't ever feel like there's anything wrong with you if you struggle along the way.

It's important to be kind to yourself and manage your time in a way that reflects that.

Acceptance is a word that is used in lots of different contexts. It can be the act of deciding to live with or manage a long-term situation. It can be acknowledging and coming to terms with certain feelings or events. **It is often something that comes with time and rarely happens overnight.**

Acceptance can also help you to overcome past difficulties. For example, by acknowledging that you have had certain experiences and feelings that have affected you, you can work on showing yourself compassion for having survived and coped with them.



Text taken from Anna Freud 'On My Mind

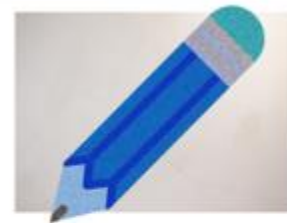
It's important to remember that acceptance doesn't mean 'resigning yourself' to a situation; for example, if someone is treating you badly or harming you then you don't have to get used to that or learn to live with it. Instead let someone know so that we can support you. You can tell someone at school or you can call some of the contacts on p.133 of your student planner.

Click on the link below which takes you to the Anna Freud 'On My Mind' webpage where there is lots of information about self-care (being kind to yourself) including this infographic which contains 91 suggestions on how to be accepting of yourself.

<https://www.annafreud.org/on-my-mind/self-care/>



Crafting



Creative writing



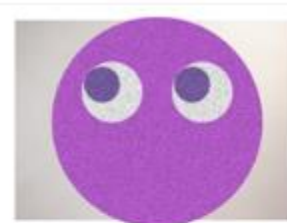
Crying



Dance



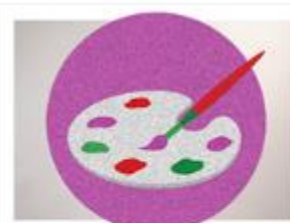
Developing a balanced sense of self



Distraction techniques



Drama



Drawing or painting