

Take Charge of Your Life

Session 6



Take Charge of Your Life
What's your plan?

How can we take more responsibility for our own mental health?

Creating a plan to support our own mental well being.



As a “mentally healthy” person

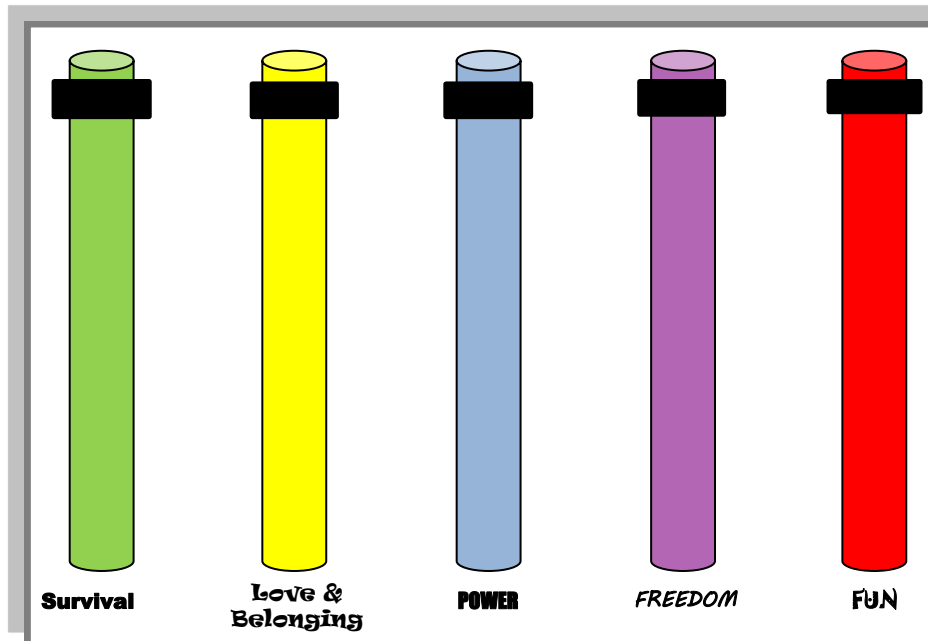
- you enjoy being with most of the people you know, especially the important people in your life such as family and friends.
- you are usually willing to help a colleague or friend to feel better
- you live a mostly tension free life
- laugh a lot, have few aches and pains
- you enjoy life and have no trouble accepting that other people are different from you and you don't try to change other people
- in difficult situations you might be unhappy, but you generally know why you are unhappy and will try to do something about it

William Glasser (paraphrase)

OR



We feel **good** when we are meeting our **basic needs** – we have our **Quality World** pictures



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Activity: *The Line*

1

10



Self- evaluation



1. Use the magnet sliders on the Needometer to show **“how life is”** for you at the present time
2. If **YOU** could choose **one need** to have more of, *which would it be?*
3. Think of some things **YOU** really want to **HAVE, DO or BE** in your life (now).

Choose one.

Imagine this did happen– slide the magnets to show what would change for you.

“WDEP”



W: What do I want – really, really want?

D: What am I doing and what have I been doing to get what I want? What am I **thinking**....

E: Is what I am doing and thinking helping me to get closer to what I want?

P: What options do I have that could help me get closer to what I want?

Now that I have chosen the “most likely to succeed” option, **what is my plan** to get me what I want?

****WDEP = Want, Doing, Evaluate, Plan**

Finishing off...



Think - about the two questions above the table on p26

Pair - turn to the person next to you

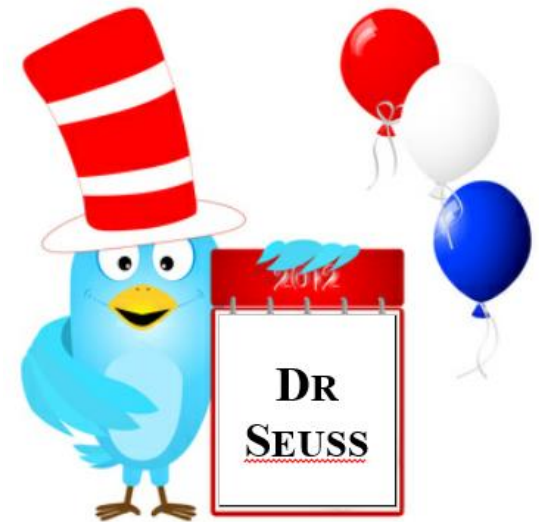
Share – talk together about your answers

Complete the

Table on page 26 for yourself

Research Question sheet that is handed out

*“You have brains in your head
You have feet in your shoes
You can steer yourself
Any direction you chose*



*You're on your own
And you know what you know
And you are the one who'll
decide where to go..."*

*Today you are You, that is
truer than true.*

*There is no one alive who is
Youer than You"*





only YOU can
control YOUR future.
- Dr. Seuss