

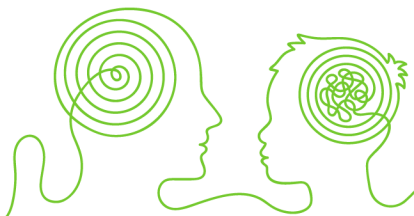


ISLE LISTEN

Because Minds Matter

islelisten.im

What is Mental Health?



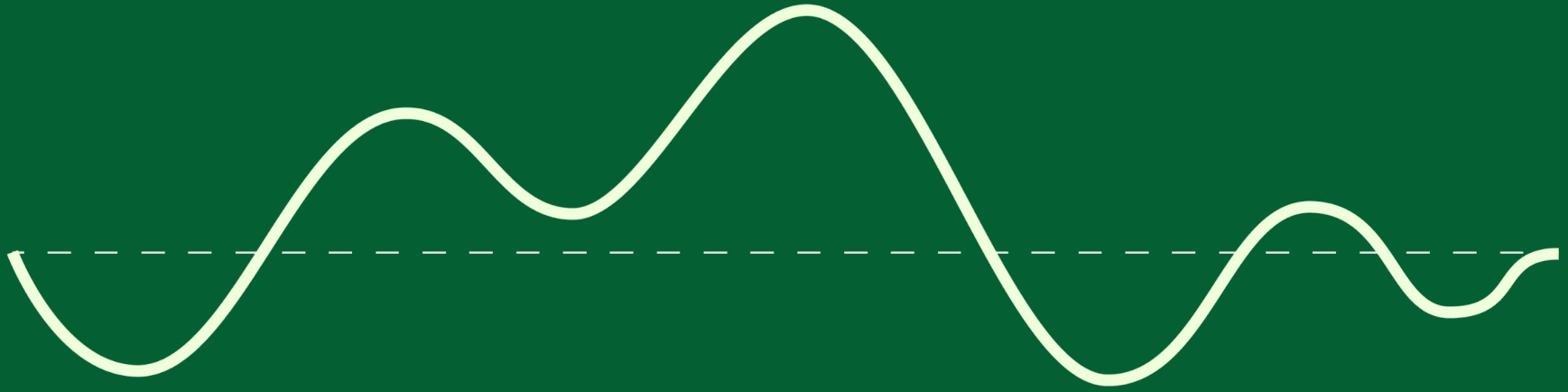
you should define you



Positive



Emotions



Negative



Time



you should define you



Exploitation Drop Down – Isle Listen

- Safety Net
- Healthy Boundaries
- Self – Worth



you should define you



Who is in your Safety Net ?

Support systems are like safety nets.

It's so important for us in life to have people that can support us.

Let's think of tightrope walkers or construction crews on tall buildings.

Safety nets are something they all must have to stay safe.

They are people in our life we can rely on.

It's important to remember we may have different nets of people we go to at different times in our life when we need support and that's okay!



you should define you



Can Someone Count On Me?

Are you part of someone else's support system?



you should define you



Promoting Independence

Can I solve this problem myself ?



It's okay to ask for help



you should define you



What are Boundaries?

‘The Limit to what someone considers to be acceptable’

Boundaries within relationships are the rules and limits that we set ourselves – everyone’s are different.



you should define you



Can you think of a time where you felt uncomfortable with friends, where you felt your boundaries were disrespected ?

Can you think of a time where you have maybe done something you didn't want to do ? Why was that? Did you feel forced?

Learning to speak up and say No is hard but it's a skill we can start practicing.



you should define you



Why is Self-Worth important?

your self-worth is your evaluation of yourself

What happens to someone if they have positive self-worth ?

What happens to someone if they have low self-worth ?



you should define you



How can I boost my Self Worth?

Have hobbies you enjoy and you are good at!

Exercise and challenge yourself.

Gratitude Journal.

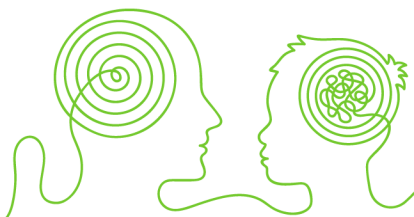
Challenge negative thoughts.

Ask your support network.

Celebrate your successes.

Compliment others.

Believe in ourselves.



you should define you



Exploitation Drop Down – Isle Listen- Recap

- Safety Net- It's important for all of us in life to have a support system that we can reach out to if we need it.
- Healthy Boundaries keep us safe, it's a skill we can practice.
- Positive Self – Worth helps boost our self-esteem/confidence making us less at risk to exploitation.





We're here. Isle Listen.



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