

Mental Health

Theme day

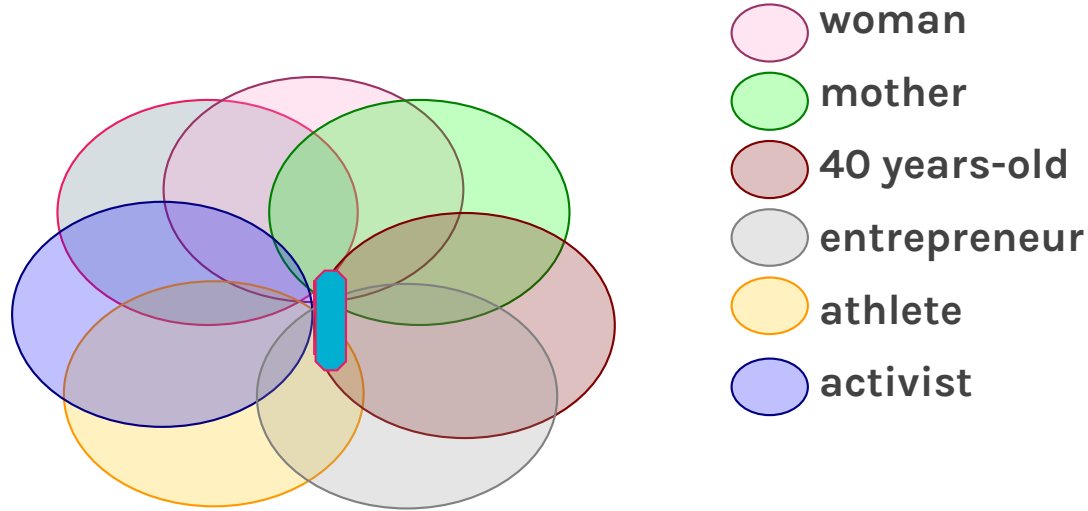
Self-Image

- What are my roles?
- What are my dreams?

Cultural Flower

The roles of my life

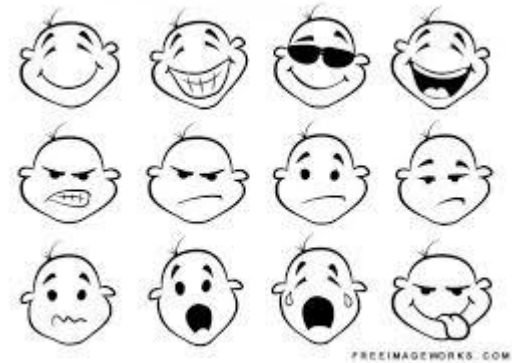
Personal Identity



Personal experience includes her association with all groups → social identity

Feelings

The meaning of feelings is to guide you to know yourself better



Learn the meanings of feelings:

Something that feels good is something that you should give more time and attention to.

The thing, that does not feel like anything, in other words indifferent, is not for you. It has nothing to offer you.

Something that feels bad or annoying is something you should investigate more closely, because it usually has a story to tell.

LIGHT, HAPPY

5. SOLUTION, CONNECTION, LOVE, HOPE

4. UNDERSTANDING, EMPATHY, RESPONSIBILITY, REGRET

3. UNCERTAINTY, BAD MEMORIES, DEEP WOUNDS, FEAR

2. ANXIETY, DISAPPOINTMENT, FEELING OFFENDED, SADNESS

1. HATRED, RESENTMENT, RAGE

0. DEPRESSION, NUMB, NOTHING HAS A MEANING

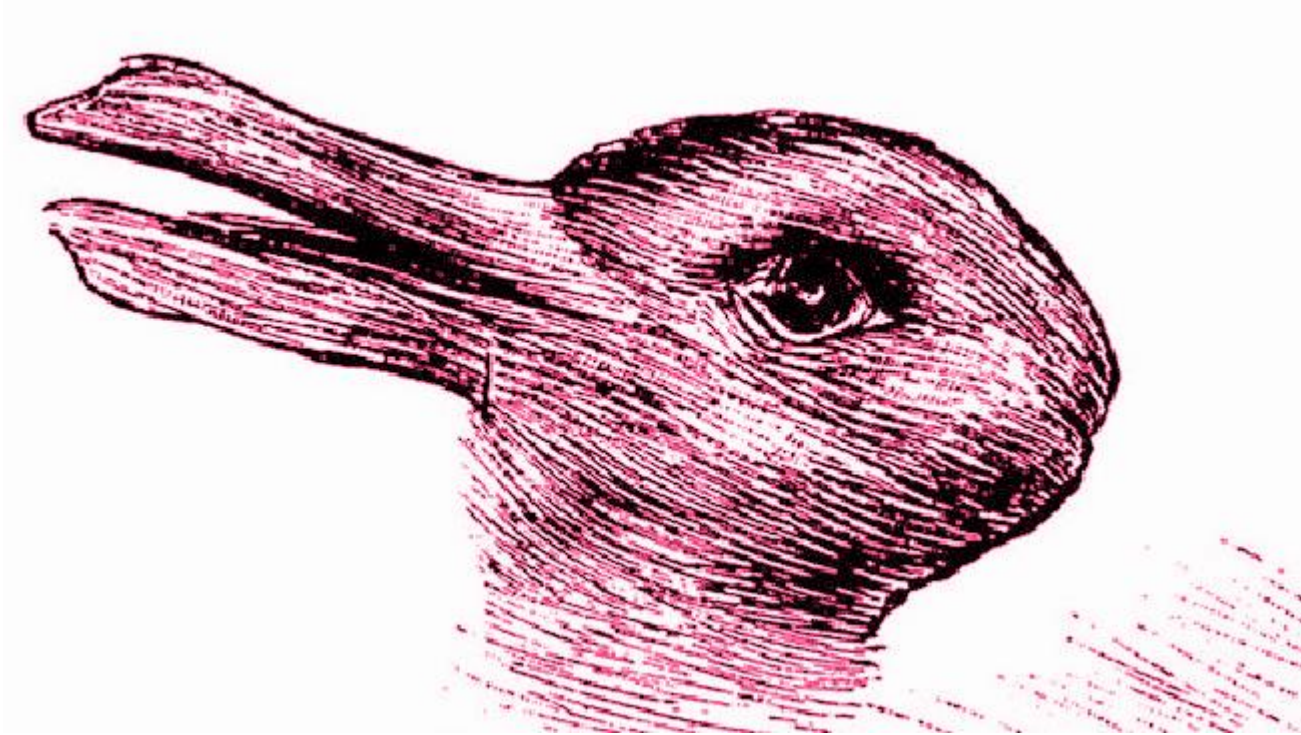


HEAVY, DEPRESSED

Knowing yourself

You can't change what you can't see

What do you see?





- The way we see ourselves affects on how we react to our environment
- What we believe of ourselves affects our activities

Is it possible to believe in something about yourself that is not true?

- Recognizing own roles.
- Recognizing own feelings
- Recognizing inner self

- Changing negative to positive by seeing things from a broader perspective.

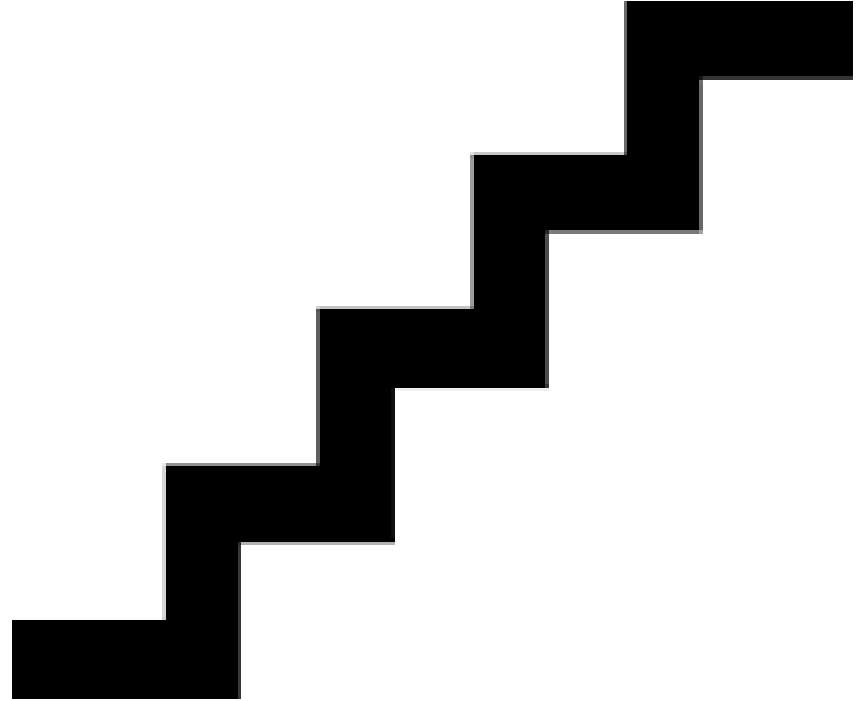
Own Responsibility

Who can change your mind?

— — —

- Step by step and day by day you can take responsibility for your own choices

- Searching for things to be grateful for from your daily life can change your attitude more positive



I can, I am able to and everything is possible for me. I am the one that can solve the problem