



Peer
Education
Project



Mental Health
Foundation



HEALTHY



RELATIONSHIPS



with ourselves

Lesson



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.

4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Being in the moment



SLIDE 3



Guess my favourite self-care activity

10
questions

Yes or no
answers



Introducing the topic



SLIDE 5



As well as our relationships with others, we also have a relationship with ourselves.

It is important that we look after ourselves and treat ourselves with the same kindness and care.



Introducing the topic



SLIDE 6



How can we show ourselves kindness?



Introducing the topic



SLIDE 7

Be your own friend:

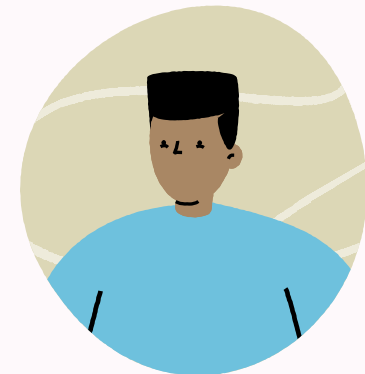
**Check in with
how our mind and
body is feeling.**



**Touch base
with our thoughts,
feelings and
emotions.**



**Recognise how
our words and actions
towards ourselves
make us feel.**



Learning through activity



SLIDE 8

Thought swaps



I'm not good enough



I am enough as I am

I can't



I'm trying

I've failed

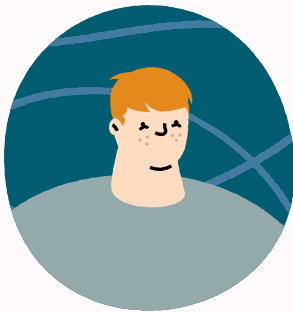


Reflecting on the learning



SLIDE 9

**One thing I
have learned.**



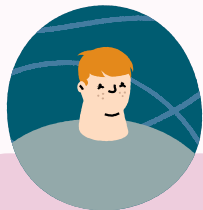
**One thing I will
do differently.**



**One question
I would like an
answer to.**



Reflecting on the learning



**One thing I
have learned.**

SLIDE 10

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 11

Reflecting on the learning



SLIDE 12



**One question
I would like an
answer to.**

Lesson summary



SLIDE 13

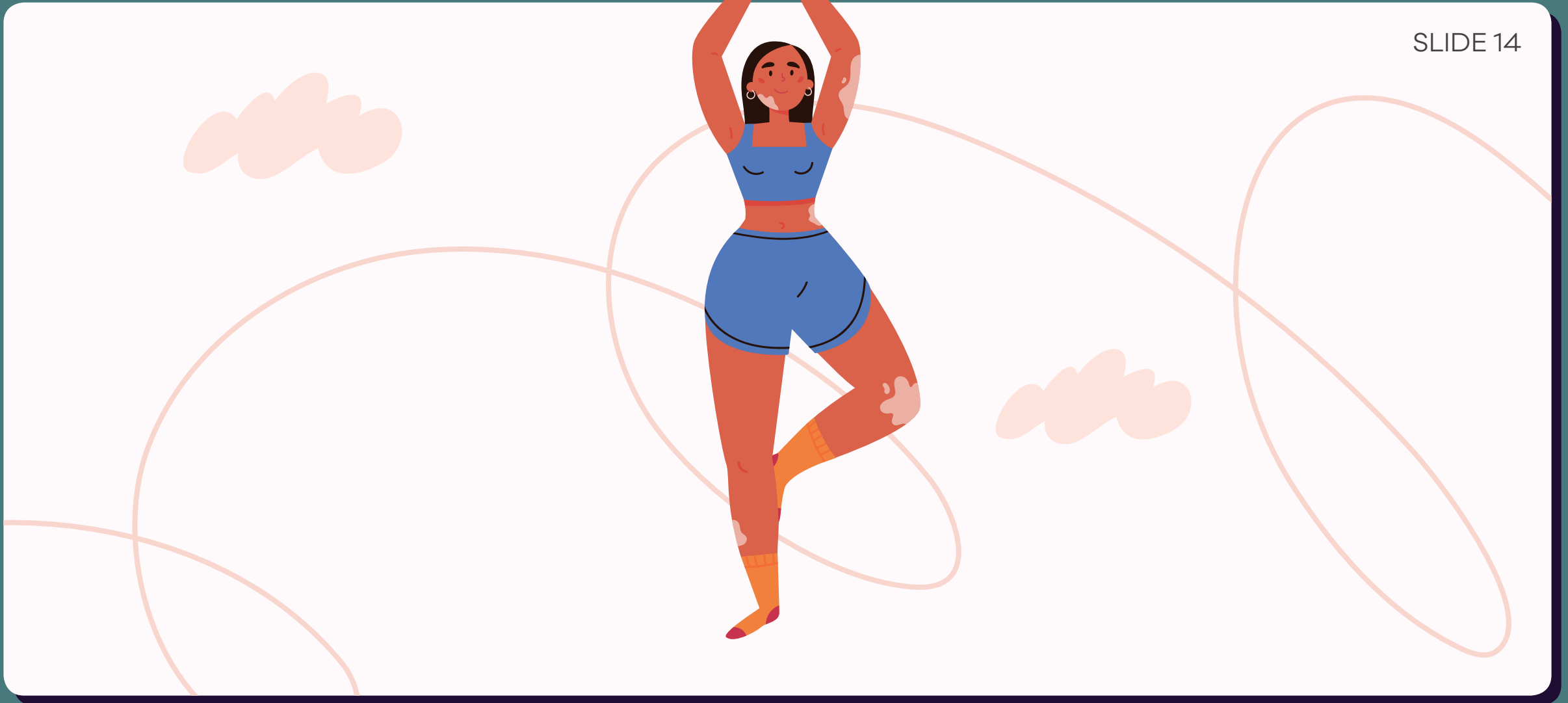


It is important that we look after ourselves and treat ourselves with the same kindness and care that we would in any of our other relationships. This includes how we speak, act and support ourselves.

Being in the moment



SLIDE 14





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HEALTHY



RELATIONSHIPS

with ourselves

Lesson



Taking action



SLIDE 16



As well as our relationships with others, we also have a relationship with ourselves.

It is important that we look after ourselves and treat ourselves with the same kindness and care.



Taking action



SLIDE 17

What does a
healthy relationship
with ourselves
mean to you?



Taking action



SLIDE 18

How can we
develop a healthy
relationship with
ourselves?



Challenging thinking

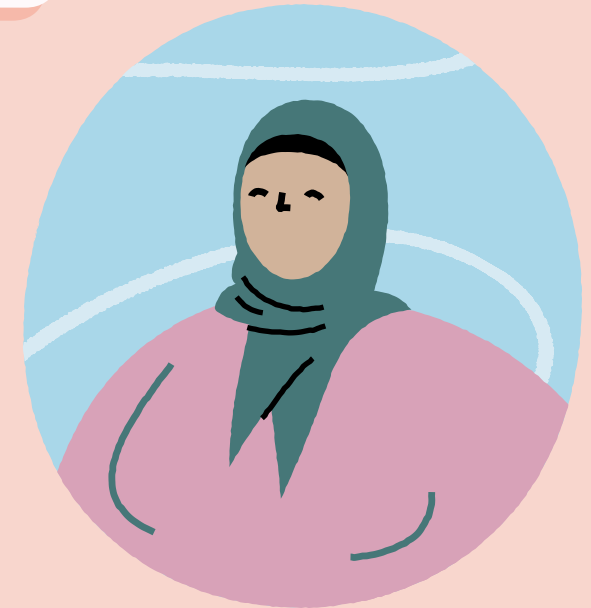


SLIDE 19



As well as our relationships with others, we also have a relationship with ourselves.

It is important that we look after ourselves and treat ourselves with the same kindness and care.



Challenging thinking



SLIDE 20

How can we
develop a healthy
relationship with
ourselves?

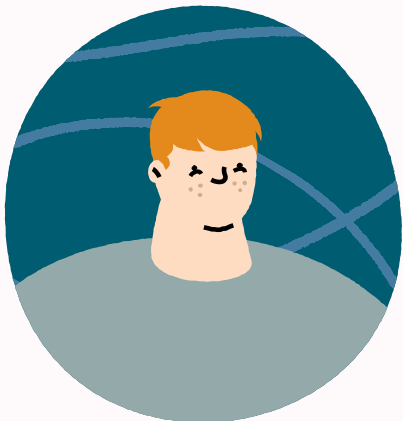


Challenging thinking



SLIDE 21

What might the barriers be to developing a healthy relationship with ourselves?




Challenging thinking



SLIDE 22

What support from ourselves or others would be needed to reduce these barriers?



The slide features a central pink cloud containing the text 'Reflect on the things that make you, you.' This cloud is surrounded by ten circular portraits of diverse individuals, including men and women of various ethnicities and ages. There are also two smaller pink clouds, one above and one below the central cloud.

Reflect on the
things that make
you, you.