

That makes me Mad!!!

Sometimes it's hard to deal with problems in your life, developing your inner strength, resilience and self-esteem helps you cope with life's problems and make the most of opportunities.

Tick ALL the things below that **make you feel** mad, stressed or angry~

- Someone I care about being ill
- Feeling disrespected
- Going to a party or event where I don't know many people
- A new brother or sister being born
- My mum or dad
- My sisters or brothers
- My step-mum or step-dad
- Having too much school work to do
- A friend letting me down
- Being told off for something I haven't done
- Moving placement
- Studying for exams
- Being unwell
- Being asked to do something I don't want to do
- Not getting enough sleep
- Changing schools
- Being cheated on by my girl/boyfriend
- Being made late for an appointment
- Owing money
- Someone lying about me
- Feeling guilty for something I did
- Someone saying something bad about my family
- Trying to stop eating junk food/smoking/using alcohol or drugs
- Someone challenging things I value or my beliefs

Now discuss this with the group

Then...complete the 'Conflict Resolution How I handle it' hand-out to help you think about things that you can do to calm yourself down & cheer yourself up

Name

Date