Included in this session are:

- **Activity 1.** My ingredients list
- **Activity 2.** My R.E.C.I.P.E. for emotional health
- **Activity 3.** Group planning — assessment task
- **Home tasks**
1. Reflect on and review the strategies for building resilience and for improving or maintaining emotional well-being that have been covered in this program. It may be easiest to work back through this book to remind yourself of the strategies.

2. List below the strategies or skills that you think are the most useful or you have found worked for you.

3. Add any other strategies that you have used for coping and to reduce stress or that you find just makes you feel better. (Clue: you identified some of these in Session 7 — check the ‘can do’ coping strategies).

My favourite strategies:

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1. **Identify 1 or 2 goals you want to achieve to maintain your emotional health.**

Think about what it is you would like to be able to do.

- You might like to work on building a particular resilient skill or characteristic (you identified some of these in Session 1).
- You might want to deal with a particularly stressful situation (you identified some of these in Session 7).
- Or you may just want to make sure you stay feeling OK about yourself and to keep up positive emotions.

My goal ____________________________________________________________
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____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. **Now develop your R.E.C.I.P.E. for emotional health.**

See the example of a R.E.C.I.P.E. on page 95.
Relevant strategies — Use strategies that you have found useful (from Activity 1).

____________________________________________________________________

Encouragers/rewards — Choose rewards to encourage yourself to stick to the plan.

____________________________________________________________________

Consider obstacles — What might get in the way? (e.g. too much else to do, forget).

____________________________________________________________________

Identify coping strategies that you can do if you get stressed or are feeling down.

____________________________________________________________________

Plan — Using the information above, develop your plan and put it into action.

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Evaluate how it’s going and adjust the plan as you need to.
Example: R.E.C.I.P.E. for emotional health

Goals
• To keep myself feeling OK — not let myself get too down or stressed.
• To cope better with exams.

Relevant strategies
• Reduce negative and unhelpful self-talk and increase positive self-talk
• Do more things I like — that make me feel good
• Breathing slowly when stressed
• Riding my bike — relieves tension and is fun.

Encouragers/rewards — when I have stuck to the plan.
• Have a friend stay over
• Make some popcorn
• Go to movies
• Extra hour of playstation
• Go to the park on my bike/skateboard
• Ask mum to make favourite dinner.

Consider obstacles — use rewards and coping plan to overcome these.
• Lazy/forget to stick to plan
• Don’t have time — too much school work
• I always get stressed with exams anyway.

Identify coping strategies — things to do if I get stressed or feel down:
1. Spending time with friends
2. Talk to a friend or Grandma
3. Remind myself of my personal strengths
4. Use deep breathing
5. Listening to music.

Plan
• Try to catch myself when I use unhelpful self-talk and think hard to change it to helpful self-talk.
• Ride my bike for half an hour at least three times a week.
• Set aside 10 minutes every afternoon to do something I really like.
• Study hard when exams are coming up and use positive self-talk and deep breathing to cope at the exam.
• Give myself a reward each week when I have mostly stuck to the plan.

Evaluate how it is going.
Check my progress in two weeks — make adjustments and reward myself if going OK.
In your teams, start planning for the next session when you will work on your assessment task. The presentations will be the session after next!

Remember the assessment task outlines are on pages 23 to 26.

**Things that groups need to consider in planning for next week:**

- What will be the format of your final product? *(See the outlines for ideas.)*
  How will it be presented? **The presentation needs to demonstrate achievement of the assessment criteria.**

- What work needs to be done before next week?

- How will you break up these tasks?

- Who is responsible for each task? **All students must contribute!**

- What information or materials need to be brought in for next week? Who is responsible for collecting them? Break up these tasks — **Make sure everyone shares the load!**

**My list of things to do for next week:**

____________________________________________________________________

____________________________________________________________________

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____________________________________________________________________

____________________________________________________________________
The home task for this week is:

- To put your R.E.C.I.P.E for emotional health into place in the next week. Check whether it fits in with your everyday life and make any adjustments necessary.
- Over the next week, use the Self Star Rating to take regular ratings of your self-esteem.

<table>
<thead>
<tr>
<th>Self Star Ratings</th>
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<tbody>
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Remember to check your Self Star Ratings and the progress of your plan for more than one week. You need to do it regularly!

Write any changes to your plans or any other general thoughts here.
DON’T FORGET to do any tasks in preparation for the group assessment task work next week. Remember it will need to be presented in the session after next.

It is possible to plan for maintaining emotional health.

By being aware of what situations cause us stress, by knowing what coping strategies help us when problems come up and by using strategies in our everyday life to make ourselves feel better, we can stay on top of things.