

SESSION 10

we made it!!!

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"IT'S ALL OVER NOW - WHY B-BLUE"

Well, good friends, we've made it to the end of our beyondblue travels for this year. I've had fun - I hope you have. I hope you've learned some stuff too. About yourself and about others.

Let's think back on some of the stuff we looked at. Remember we looked at why we're doing the beyondblue program? We talked about how you had lots of stuff going on: some exciting, some a bit scary. We talked about relationships and you saw how important they are, and that we need some pretty sharp skills to manage relationships properly.



Remember you made a map of people you interact with - probably people you didn't even realise you had a relationship with.

Bus driver, video shop clerk, hairdresser, doctor

And you talked about all the things you decided you need to be a good friend.

Trust, Honesty, Respect, Good listener, Having fun together

Now that was fun, exploring how we also communicate without words. We saw how important it is to be a good listener, and how we need a stack of skills involving eye contact, body movement and responding appropriately.

I like the bit about recognising people's emotions, because you had to pay attention to what they said and how they behaved. The critical thing is what the person is saying in their own head: some things - "I've made a fool of myself", "How dare they?", "That's so unfair!" - can make a person feel pretty angry. What was really important about that was learning that it isn't things that happen to us that make us feel different ways, but the way we think about and interpret those events that make us feel certain emotions.





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Remember problems? Problems can be no sweat, or they can be a ginormous hassle. We got a lot out of learning those five steps for solving problems - remember? I identify the problem, work out all the possible solutions, think about the consequences, make a decision, then do and review.

And we found out that you need to be thinking right to solve problems, and saying negative things to yourself doesn't help and can actually stop you getting through things. And some things can't be solved, and the answer is just to find a way to get through a problem time that's just too big for you. That means that you may have to talk to someone or get some help.

And there are LOTS of people you can talk to... some you might think of straight away, and others that I hope we've planted in your brain in case you ever need them. There's lots of whatever support you need out there.

**Friends. Family. Teachers. Counsellors. Nurses. Spiritual leaders. Help line
Psychologists. Youth health services.**

Remember you even had a go at designing your own centre for young people? That was a good way to start thinking about what's important when people like you do need help.

Well dudes, that's pretty much it. I hope this has been cool for you, and you doing it has been a big help for beyondblue - 'cause there's more good stuff in the pipeline for next year. And remember, there's always someone out there to help you if you need it.

**But until next time...
enjoy life!**



**The
END**

