



MAKE A
BIG
SCENE
AND
CARRY
ON

Tuhagrace
Be Kind to Your Mind



RECOGNISE
YOUR
WOBBLY
POINT

Tuhagrace
Be Kind to Your Mind



FIND
YOURSELF
A
HAPPY
HOBBY

Tuhagrace
Be Kind to Your Mind



ONE
DEGREE
OF
CHANGE

Tuhagrace
Be Kind to Your Mind

Recognise My Wobbly Point

*(When my Body tells me
that something is Not Right)*

I don't need to know/share details
I do need to let someone know I'm
feeling WOBBLY

Signs I've reached my Wobbly point:

- 1
- 2
- 3

People who can be my Jelly Buddies:

- 1
- 2
- 3

Make a Big Scene and Carry On

*(Letting my Feelings out
withOUT hurting myself or others)*

Don't be a VOLCANO
(bottle up/blow up)

Do be a GEYSER
(release pressure in a safe way)

I need to make a Big Scene and Carry On
(But you don't need to worry)

I'm frustrated/hurt/concerned about...
(this is what's bothering me...)

It would really help if you would/could...
(How you can help)

I'm going to try to...
(How I can help myself)

One Degree of Change

*(Tiny steps add up to
Big changes)*

Wellness WOF

What's One Degree of Change I could
make in some of these areas

FAITH:

WHANAU:

FULLNESS:

FITNESS:

FOOD:

PHARMACEUTICALS:

FORWARD FOCUS:

FANKFULNESS:

PHILANTHROPY:

Find Yourself a Happy Hobby

*(Pre-Package your
Calming Activities)*

Make your Happy Hobbies:

5 - 10 mins max

Calming, soothing or refreshing

Easy to start/finish

My Happy Hobbies are:

1:

2:

3:

4:

5:

6:

Let the Dice Decide!!