

# MY SHIELD



## QUICK EXPLANATION

We can often get trapped in negative cycles of stress and negative thought patterns, so it can be vital to highlight positive aspects of our day-to-day lives. Highlighting what you do well and what helps you to stay well can impact your mental wellbeing and improve your university experience. This task helps to highlight these areas, and can identify what aspects of your lives help to build a shield against stress and ruminations of negative thoughts.



### AIM

Highlight what you are doing well and what keeps you well.



### INSTRUCTIONS

Using the shield worksheet or creating your own reflect on the different sections.

1. 'What I do well in university?'
2. 'What makes me happy?'
3. 'What makes me feel safe?'
4. 'What I like most about my support system (e.g. family, friends)?'
5. Understanding what you *do* well and what helps you to *stay* well can impact your mental wellbeing and improve your university experience.



### RESOURCES

Worksheet

## WORKSHEET: MY SHIELD

The worksheet is a large shield shape divided into four equal quadrants by a vertical and a horizontal line. Each quadrant contains a question for reflection.

<p>What I do well at University?</p>	<p>What makes me happy?</p>
<p>What I like most about my support system (e.g. family and friends)?</p>	<p>What makes me feel safe?</p>