



YOU DO YOU

(A BOOKLET ON IDENTITY AND WHAT'S IMPORTANT TO YOU!)

July 2018

THIS BOOK BELONGS TO...

WELCOME TO THE OTR GUIDE TO IDENTITY! (AND WHY WE'RE TALKING ABOUT IT!)

It's a super common thing to be told to just 'be yourself'. But 'being yourself' can be quite a tricky thing to do - sometimes we can feel like we don't know who we are or who we're supposed to be. We can also feel like we want to change things about ourselves, or feel 'stuck'.

Whilst we think it's really important not to pretend to be something you aren't, we at OTR also think it's really important to look at life and who we are with a kind of playful curiosity and wonder - to try new things out.

So, with that as a goal we made a booklet to help you look at how you think about what makes you, well, you! Thinking about these things can help us to connect with other people, focus on what's important to us and get us through difficult patches in our lives.

...And finally, as you work through this booklet go easy on yourself - thinking about this stuff can be tough, so be kind to yourself!



1. ALL THE DIFFERENT THINGS WE ARE...

We often think of ourselves as individuals. Whilst this is mostly true, it also is a little too simple... When we think about it, we're often very different people in different situations. For example, you may be quiet in class or to people you don't know, but be the life of the party with your best mates. Use this activity to think about all the different things we can be...

Who am I to my family and friends?
E.g. a laugh, quiet, a thinker...



Who am I to the wider world? E.g.
male, young, bisexual, mixed race...



Who am I to school/ college/uni/work?
E.g. a hard worker, bad at deadlines...



Who am I to myself? E.g. motivated,
caring, can be short tempered...



2. WHO DO YOU WANT TO BE?

As we've already covered, it's totally okay to not really know who you are... So, this activity is here to help you think about who you want to be!

What do you want people to think and say about you?

What are some things you could do to help people to think and say these things about you?

Lastly but importantly, what are some positive things people say about you already? Are any of these things close to what you want people to think and say? Can they help you get there?

3. WHAT'S IMPORTANT TO YOU?

Way back when there were castles and knights, each family had a crest (an image like a shield with writing, colours and pictures) that would say what made the family unique or special, what its values were and a motto.

We believe that an important part of thinking about who you are is what you care about. So, use this activity to explore the stuff that's important to you by making your own family crest!

The form is a shield shape with a thick black border, divided into four quadrants by a vertical and a horizontal line. The top-left and bottom-right quadrants are filled with a light blue color, while the top-right and bottom-left quadrants are white.

<p><i>What do you believe in?</i> e.g. karma, we're here for a reason etc...</p>	<p><i>What do you care about?</i> e.g. the environment, family, equality etc...</p>
<p><i>What are your strengths and skills?</i> e.g. creative, funny, wise...</p>	<p><i>What do you want to do with your life?</i> e.g. travel, help people etc..</p>

What would your motto be? Try to think of a single sentence that sums up this crest...: (for example: "Show everyone kindness")

4. PERMISSION TO JUST BE...

Sometimes we can create stories about who we are that can stop us from feeling like we can grow. On the other hand, sometimes we can feel like we don't really know who we are, and that can be tough! So, here are some permission slips to just 'be'... Photocopy this page, cut them out on the photocopy along the dotted lines (or get an adult to!) and put them in a bowl, draw one a day and make that your goal!



I GIVE MYSELF PERMISSION TO...

Fail and not be too hard on myself.

I GIVE MYSELF PERMISSION TO...

Celebrate something I did well today.

I GIVE MYSELF PERMISSION TO...

Put myself first!

I GIVE MYSELF PERMISSION TO...

I GIVE MYSELF PERMISSION TO...

I GIVE MYSELF PERMISSION TO...

I GIVE MYSELF PERMISSION TO...

OTR HASHTAG CHALLENGE: IDENTITY EDITION!

OTR is all about bringing people together. We firmly believe in the power of community and people supporting each other. Now that we've had a look at how we think about who we are, let's share something you've learned here and inspire/be inspired by others!

HOW DO I ENTER?

- 1** Think about one of the things that are important to who you are (your slogan from activity 3 might be a good idea!)
Big or small, it's down to you!
- 2** Upload a picture that best explains the meaning of this thing to you.
- 3** Write a couple of sentences about what you've chosen to upload and why.
- 4** Upload/Share it on Instagram/Twitter with the hashtag #OTRyouodoyou
- 5** Our favourite posts will be reblogged by OTR to help inspire others to think about what is important to them!

WHAT'S THIS ABOUT?

OTR is all about getting connected, and what better way than sharing something important to us with others, and having them share things with us too!



This booklet was made by OTR Bristol, a mental health social movement by and for young people aged 11-25 in Bristol and South Glos.

For more information on what we do, come and see us at one of our Hubs: otrbristol.org.uk/what-we-do/hubs.

You can also call us for free on 0808 808 9120 (Mon-Fri, 2-5pm).

FOLLOW US



@OTRBRISTOL