

OTR

SO MANY POSSIBILITIES!

(A BOOKLET ON NEXT STEPS, CHANGE AND MAKING DECISIONS!)

August 2018

THIS BOOK BELONGS TO...

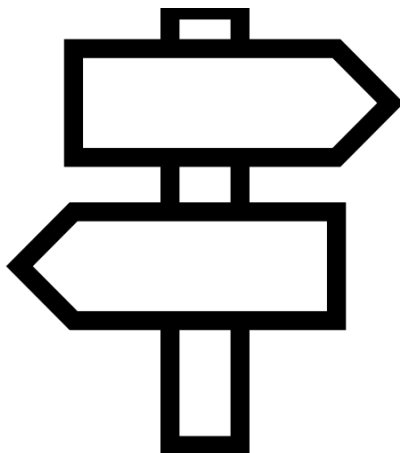
WELCOME TO THE OTR GUIDE TO DECISIONS AND NEXT STEPS!

Change, decision making, next steps - all of these things are simply a part of life.

They can be really exciting and bring really positive change to us, however they can also be really scary and uncertain. Life is full of ups and downs, and sometimes things happen that we don't expect.



This booklet is designed to give some practical tips and techniques on managing how we think and feel about these types of experiences. Sometimes there are things that we can't change, but there are definitely some things we can do to take the 'sting' out of the tough times by focussing on stuff that's important to us, using humour and thinking about all the possibilities and potential we all have!



1. SO MANY OPTIONS!

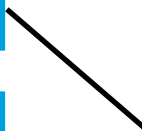
Sometimes, especially when things don't go the way we want them to, we can feel like our life has come to a standstill. However, as time passes by, we realise that this isn't the case - and our life is full of options and possibilities. First, To help us to see these, let's look at what we're good at - and what we care about.

STRENGTHS & SKILLS

E.g. I'm practical

PASSIONS & INTERESTS

E.g. I like making stuff!



To think about how this activity can show us some of the options we have for the future, take a moment to draw some lines between the two columns. Will any of these strengths/skills help us with any of our passions? How can these relationships help us to think about what we can do with our future?

2. DECISIONS, DECISIONS...

The freedom to make choices can be really empowering - and really scary! This activity is designed to help us think about a tough decision, whilst also drawing upon the knowledge and lessons from our past experiences to help us know we CAN make it through!

Think about a decision you might have to make in the future.

What are the pros and cons of each decision? How would each choice affect my life and how I feel about it?

PROS

CONS

PROS

CONS

Think about a time when you made a difficult decision in the past. What were the outcomes of the decision? What helped you make the decision and what lessons can you take from it?

3. BEING SMART WITH GOALS!

You've probably heard of SMART goals, whether it be in passing or something you've done before. SMART goals are a way of setting meaningful and realistic goals for our future - allowing us to make changes and steps forward that we can actually see and notice.

So what makes a goal smart?

SPECIFIC!

..... Describe exactly what it is you want to achieve, and describe it in as much detail as poss.

MEASURABLE!

..... How will you know when you've reached your goal?

ACHIEVABLE!

..... Make sure your goal isn't too far to be impossible, but far enough that it's a challenge.

RELEVANT!

..... Link the goal to something important to you. Something that motivates and inspires you!

TIMELY!

..... By when would you like to achieve your goal?

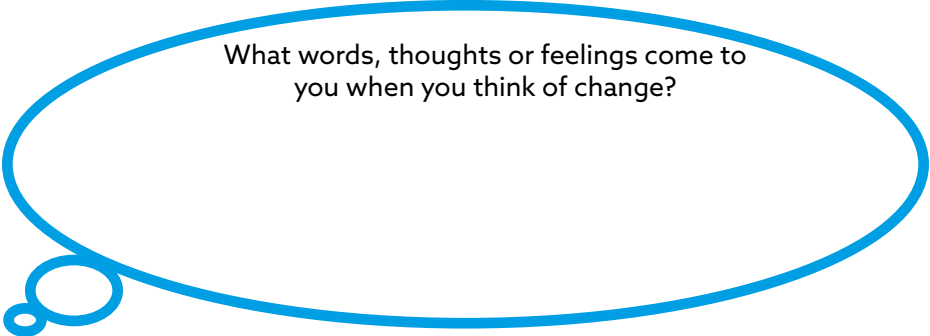
NOT SMART: - "I don't want to worry anymore"

SMARTER: - "I want to be able to deal with my worries so I can get the bus to school on my own again"

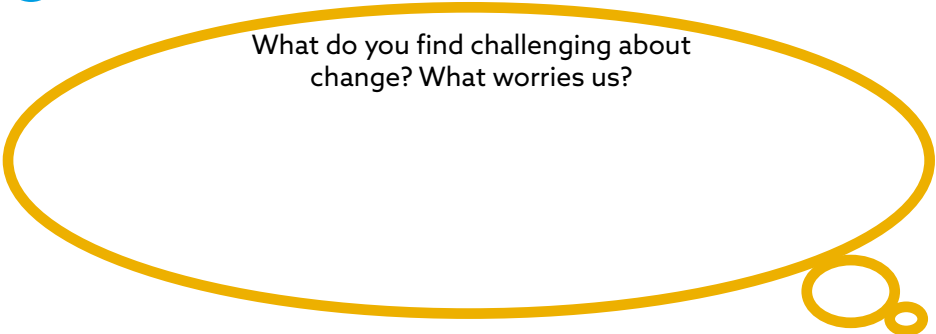
REALLY SMART: - "I want to learn 2 new ways I can manage my worries so I can get the bus to school 3 out of 5 days a week by the end of the month"

4. MANAGING HOW WE REACT TO CHANGE

Change is a part of what it is to be human - it's guaranteed to happen and it can be exciting as well as tough. So, here are some questions to help us think about change in more depth, and how to manage the tough bits using understanding and humour.



What words, thoughts or feelings come to you when you think of change?



What do you find challenging about change? What worries us?

Now, here comes the fun/silly bit. Choose one of these worries. Try to say out loud that you 'wish' for this worry to come true. For example, if you were worried about moving school and were worried about making friends, try to say something like:

"Oh man, I WISH I don't make any friends. I'm gonna be so good at not having mates! It would be soooo much easier... I can finally finish that book! etc."

By wishing for the something that worries us to happen and really believing it, it can help to make those worries feel less intense. Plus, because of how silly it is, it helps us to take things a little less seriously and have a bit of a laugh! When things are out of our control, humour can be a really great tool.

5. HOW TO THRIVE WHEN CHANGE IS TOUGH

Sometimes things don't go the way we hoped or expected, and it can really jolt us. For example, not getting the exam results we wanted, or getting a response from someone we weren't expecting. Here we're going to look at some ways to manage how we react to experiences like this, including trying to take the 'sting' out of our thoughts, reaching out to people and other stuff that helps.

Take a situation where things haven't gone as well as you wanted. What are your thoughts and feelings about this experience?

Choose one of these thoughts/feelings. Now, (and bear with us here!) imagine you're an alien, trying to study humans...

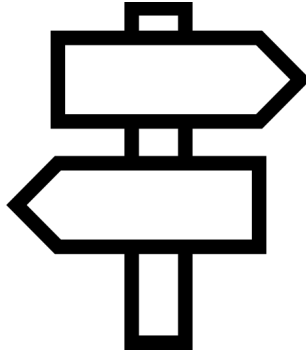
- a) Instead of saying "I think or feel...", what would the alien say? E.G. - **"I am noticing that the human is thinking or feeling..."**
- b) Now, imagine you're another alien, studying the first! What would they say? E.G. **"I am noticing that the alien is noticing the human thinking or feeling..."**

Sometimes creating some distance between us and our feelings/thoughts (like by imagining we're someone else looking at us thinking or feeling) it can make things a little less intense.

And, y'know, aliens can be pretty rad. 🤖

What can we do to give ourselves a break from these thoughts or feelings?

- i) Think of one activity you can do to make yourself feel better (E.g.) I can make something, listen to a song, play a game etc..
- ii) Name one person in your life that you can talk to about this stuff.
- iii) Jot down one place you can go visit that makes you feel better. It could be your favourite park, a bench you like, a friend/family members house or even a shop you like!



**This booklet was made by OTR Bristol,
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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
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