

be positive at school

There are so many challenges when you are growing up, that sometimes it is easy to forget how to be positive. You can experience challenges from many different areas, including:

- School work
- Friends or other students
- Parents/family
- Socially
- Homework
- Sports or other activities

➤ What are some challenges that you have experienced in your life so far?

Considering that there will always be challenges to face and overcome, remembering to **BELIEVE IN YOURSELF** is one of the most powerful things that you can learn. It is vital that out of all the people you know, that you are kind to yourself. There will always be other people to point out your weaknesses, and while you should be aware of things you need to develop, you must not be too critical or hard on yourself. Sometimes you may get told off by adults, left out by friends or be having some personal difficulty, but when you believe in yourself it is easier to overcome challenges. Having confidence and self-belief however, is not always easy, particularly when you are experiencing pressure. When this happens some strategies you can use to help are: Relax, Challenge doubts and Focus on your strengths. Naturally, believing in yourself will also help you to be and stay positive.

RELAX. If you are feeling pressured, take time to relax. Relaxing allows you time to assess your situation and determine what you need to do to move forward. It is difficult to do this when you are stressed. When you are stressed, you never think as clearly as when you are relaxed. Take some quiet time, reflect or take your mind off problems by doing something that relaxes you or you enjoy. Try these activities:

- Take some deep breaths
- Go for a walk
- Have some quiet time
- Do an activity that you enjoy
- Write down some thoughts

It is not always easy to relax, but it is important to try.

When you are relaxed, it is easier to **CHALLENGE DOUBTS.** Everyone has doubts about themselves or their situation at one time or another, but it is vital to control these doubts before they control you! While it is difficult to control doubts, how you handle them is one thing that you can control. Try these strategies:

- Do not talk negatively to yourself or put yourself down
- Avoid being self critical
- Catch yourself being negative

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To deal with these situations try these strategies:

- Balance every negative with at least one positive
- Immediately refute or challenge a doubt
- Think about or plan how you could handle a situation to overcome it
- Talk to someone who will help you move forward or give you a counter to a self-doubt

Another strategy to help you challenge doubts is to **FOCUS ON YOUR STRENGTHS**. Too many students think about their weaknesses more than their strengths. Why would you do this? You should be thinking of your strengths more than your weaknesses. Of course, it is important to improve your weaknesses, but if you focus on them too much, this can have a negative impact on you. Try the strategies below:

- Write down your strengths (what you are good at)
- Write down your good personal qualities
- Keep the list somewhere you can see it
- Ask other people to add to the list (friends or family)
- Add to the list regularly yourself
- When you are feeling low, focus on or remember your list

Many students do not want to be seen as boastful, but be assured that admitting your strengths and good qualities to yourself is not being boastful, rather it is assisting you to be positive.

When you combine all of the above factors, you become stronger and more positive overall. When this happens it is also easier to stay positive when things are not going so well.

➔ **What have you done to help you stay positive in the past?**

➔ **What could you do in addition to the points above to assist you to stay positive?**

➔ **If you are feeling negative about yourself or something else, what could you do?**