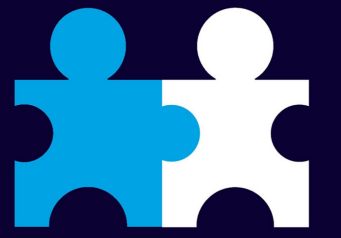


Identifying Your Strengths



Peer Support Service



MINDSPACE

WHO AM I?

WHAT MATTERS TO ME?



WHAT ARE MY STRENGTHS?

Living with mental ill health is a **unique** ongoing journey full of challenges, experiences and opportunities. Having a mental health diagnosis/label is frequently how others identify us and the human being underneath is forgotten about.

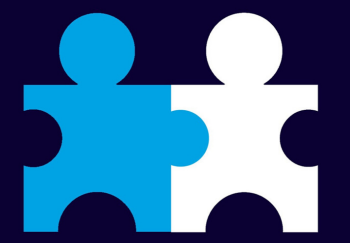
The brain is hardwired to negativity, so we pay much more attention to negative thoughts and feelings in comparison to positive ones. Often, we believe what others tell us. For example, you have a mental illness, therefore you won't manage to hold down a job. This is unfair and untrue, others are quick to judge.

Okay so yes, we have an illness, but it does not mean that we can't manage it and take every opportunity that comes our way to live life to the full. In fact, it means that sometimes we work harder and we dig deeper into our resources to manage our wellbeing.

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This activity will support you to recognise how valuable you are and what is important to you. Try doing it with a friend!

If you would like to discuss this in more depth or give feedback you can email the peer support team directly - peersupport@mindspacepk.com

EXAMPLE

Family time, time for me, grateful

Friendly, helpful, kind, patient, loyal

Love nature, music, socialising, relaxing



Dependable, open-minded

Good wife, proud mum, daughter, sister, colleague, dog lover

Creative, ambitious, trusting

My mental health and reaching out for support

YOUR TURN!

Four empty speech bubble shapes for writing personal strengths or interests.



Four empty speech bubble shapes for writing personal strengths or interests.