

Here at the Recovery College we are constantly trying to develop new ideas to reach out to people. This has become more challenging since our classes have been cancelled, however, it's helped us to appreciate that there are more ways to get our messages of hope, control and opportunity out to our students. Having hope, taking control and seizing opportunities helps aid growth and development, and our overall wellbeing.



All living things have physical needs that must be met in order to sustain a level of healthiness. Depending on the environment and availability of resources, some living things may flourish more than others.

Just like us humans, plants require certain elements to develop, grow and survive. Plants need room to grow, the right temperature, light, water, air and nutrition. If we find it difficult to grow, one of the first things we can try is to establish why.

Start by tuning into your body- Do a body scan to identify how you are feeling both physically and mentally.

Pinpoint Your Need- Once you've noticed how you're feeling, take out a pen and piece of paper, and write down what you need in relation to how you're feeling right now.

Ask Yourself for What You Need- If you find you are coming up with reasons for not deserving or being able to achieve these needs- say the excuse out loud and respond to it as you would to a friend. Keep doing this until it no longer feels like a barrier.

Ask others for what you need- Then, try asking others for what you need. You might be able to achieve this through talking to a friend or family member but if that is not an option, please remember you can continue to access mental health services the same as before we went into quarantine.



Keep learning by taking up a new skills. Painting stimulates the creative mind allowing us to positively isolate from our immediate reality, which provides a mental rest. This can lower stress, generate relaxation and happy feelings. If you cannot find anything you would like to paint, how about using the worksheet we have added to get the creativity flowing?

Be active by doing outdoor activities. Recreational activities have proven advantages for those who regularly. Besides experiencing fresh air and essential Vitamin D, outdoor activities have physical, mental, and social benefits for all ages.

Give a slip of a plant to someone to grow their own indoor plants. Studies have shown that indoor plants improve concentration and productivity by up to 15 percent, reduce stress levels and boost your mood. This will not only provide them with all of these benefits but it will also give them an opportunity to watch and support the growth and development of something which in turn will give them a sense of achievement and enjoyment.

Connect by sending us your email address so we can actively reach out to you with different messages and video's which are aimed at developing your sense of hope and wellbeing.

Email: olive.young@westerntrust@hscni.net

Take notice of how the flower grows when you nourish it, support it and care for it. Can you use some of these essentials to help you grow more as a person? To help you gain more self-compassion and awareness?

*Love yourself instead of the idea of other people
loving you- unknown*